

SUN

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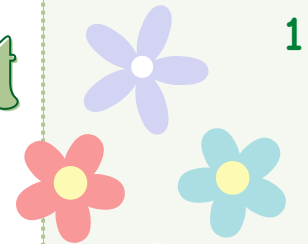
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SAT



Hope of Detroit
MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

Middle/High School Breakfast March 2025



International
Women's Day

2

Blueberry Nutri-grain Bar
or: Strawberry Nutri-grain Bar Giant
Vanilla Goldfish Fresh Gala Apple
100% Fruit Punch Juice 1% White
Milk or 1% Chocolate Milk

3

WG Maple Pancake & Turkey on Stick
Fresh Gala Apple 100% Orange-
Tangerine Juice 1% White Milk or 1%
Chocolate Milk

4

Dannon Nonfat Creamy Yogurt or:
Cocoa Puff Cereal Bar Giant Vanilla
Goldfish Fruit mix 100% Orange
Tangerine Juice 1% White Milk or 1%
Chocolate Milk

5

Jumbo Waffle Turkey Sausage Fresh
Banana 100% Apple Juice 1% White
Milk or 1% Chocolate Milk

6

WG Goody Bun or: Honey Wheat
Bagel with Cream Cheese Diced
Peaches 100% Apple Juice 1% White
Milk or 1% Chocolate Milk

7



Daylight Savings
(Set your clock 1
hour forward)

9

Cinnamon Toast Crunch Cereal or:
Raisin Bran Bowl Giant Vanilla
Goldfish Fresh Gala Apple 100%
Orange Tangerine Juice 1% White
Milk or 1% Chocolate Milk

10

WG Pancake Turkey Sausage Mixed
Berry Applesauce Cup 100% Apple
Juice 1% White Milk or 1% Chocolate
Milk

11

Lucky Charm Cer Bar Pineapple
Tidbits 100% Apple Juice 1% White
Milk or 1% Chocolate Milk

12

WG Emoji Waffle Fresh Banana
100% Apple Juice 1% White Milk or
1% Chocolate Milk

13

Strawberry PopTart or: Honey
Wheat Bagel with Cream Cheese
Diced Pears 100% Fruit Punch Juice
1% White Milk or 1% Chocolate Milk

14



15

16

Trix Cereal Bowl or: Lucky Charms
Giant Vanilla Goldfish Mandarin
Orange 100% Apple Juice 1% White
Milk or 1% Chocolate Milk

17

Jumbo Waffle Turkey Sausage
Applesauce Cup 100% Orange-
Tangerine Juice 1% White Milk or 1%
Chocolate Milk

18

Dannon Nonfat Creamy Yogurt or:
Cocoa Puff Cereal Bar Giant Vanilla
Goldfish Fresh Orange 100% Grape
Juice Box 1% White Milk or 1%
Chocolate Milk

19

French Toast Sticks w/ Syrup Fresh
Banana 100% Apple Juice 1% White
Milk or 1% Chocolate Milk

20

WG Goody Bun or: Honey Wheat
Bagel with Cream Cheese Fruit mix
100% Orange Tangerine Juice 1%
White Milk or 1% Chocolate Milk

21

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rights law and the USDA this
institution is prohibited from
discriminating on the basis of race,
color, national origin, sex, gender
identity, sexual orientation,
disability, age or for prior civil
rights activity

22

23

24

25

26

27

28

29

No School- Spring Break 3/24-3/28

30

Cheerios Bowl or: Froot Loops
Cereal Giant Vanilla Goldfish
Applesauce Cup 100% Fruit Punch
Juice 1% White Milk or 1% Chocolate
Milk

31

Women's History Month



SUN

MON

TUE

WED

THU

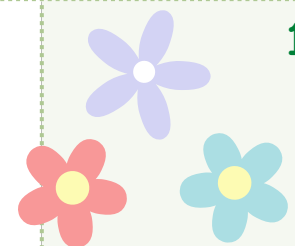
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MS/HS
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Middle/High School Lunch March 2025



International
Women's Day

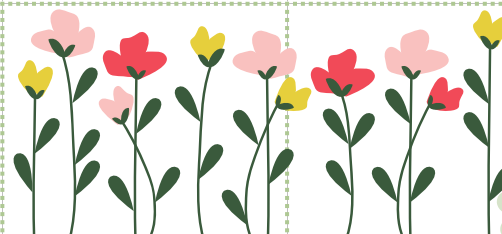


Daylight Savings
(Set your clock 1
hour forward)



No School- Spring Break 3/24-3/28

Women's History Month



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2

Turkey Kielbasa on WW Bun
or: Texas Chili w/ Fritos or: WG Pizza
Slice or: Salad with Turkey Ham &
Cheese or: Salad with Chickpeas,
Cheese and Tomatoes! or: Turkey &
American Cheese Sub Potato
Wedges

3

Breaded Chicken Drumstick w/ Roll
or: Classic Cheeseburger on WW
Bun or: WG Pizza Slice or: Salad
with Turkey, Turkey Ham and
Cheese | or: Salad with Chickpeas,
Cheese and Tomatoes! or: Philly
Steak & Cheese Sub

4

Beef & Cheese Nachos w/ WG Corn
Chips or: Mini Cheese Calzones or:
WG Pizza Slice or: Salad with
Chicken & Cheese | or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Turkey Ham and Swiss Sub
Fiesta Taco Black Beans

5

Chicken Alfredo w/WG Dinner Roll
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice or: Salad with
Turkey & Cheese | or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Italian Sub (Turkey Ham, Turkey
Salami, Provolone)

6

WG Pizza Slice
100% Mango Splash Juice Box
Fruit mix
1% White or 1% Chocolate Milk

7

9

Classic Cheeseburger on WW Bun or:
Breaded Chicken Patty on WW Bun
or: WG Pizza Slice or: Salad with
Turkey Ham & Cheese or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Turkey & American Cheese Sub
Seasoned Green Beans

10

Meatballs & Gravy with WW Dinner
Roll or: Chicken Nuggets w/ Dinner
Roll or: WG Pizza Slice or: Salad
with Turkey, Turkey Ham and
Cheese | or: Salad with Chickpeas,
Cheese and Tomatoes! or: Philly
Steak & Cheese Sub

11

Popcorn Chicken w/ Dinner Roll or:
WG Pizza Slice or: Salad with
Chicken & Cheese | or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Beef Sloppy Joe on WG Bun or:
Turkey Ham and Swiss Sub Maple
Carrot Coins

12

Bf Soft Taco on WW Tortilla w/ WG
Rice or: Chicken and Cheese
Burrito with Beans on WW Tortilla
or: WG Pizza Slice or: Salad with
Turkey & Cheese | or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Italian Sub (Turkey Ham, Turkey
Salami, Provolone)

13

WG Pizza Slice
Romaine w/ Dressing Diced Pears
1% White or 1% Chocolate Milk

14

16

BBQ Beef Rib Patty on WG Bun or:
WG Pizza Slice or: Salad with Turkey
Ham & Cheese or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Turkey & American Cheese Sub
or: Turkey Dog with WW Bun Savory
Carrots Coins

17

Crispy Chicken Sandwich w/ Bacon
on or: Classic Cheeseburger on
WW Bun or: WG Pizza Slice or:
Salad with Turkey, Turkey Ham and
Cheese | or: Salad with Chickpeas,
Cheese and Tomatoes! or: Philly
Steak & Cheese Sub

18

Baked Mostaccioli w/ Dinner Roll
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice or: Salad with
Chicken & Cheese | or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Turkey Ham and Swiss Sub
Romaine w/ Dressing

19

Texas Chili w/ Fritos or: Beef Hot
Dog on WW Bun or: WG Pizza Slice
or: Salad with Turkey & Cheese | or:
Salad with Chickpeas, Cheese and
Tomatoes! or: Italian Sub (Turkey
Ham, Turkey Salami, Provolone)

20

WG Pizza Slice
100% Mango Splash Juice Box
Pineapple Tidbits 1% White or 1%
Chocolate Milk

21

23

24

25

26

27

28

29

30

Beef Sloppy Joe on WG Bun or:
Breaded Chicken Patty on WW Bun
or: WG Pizza Slice or: Salad with
Turkey Ham & Cheese or: Salad with
Chickpeas, Cheese and Tomatoes!
or: Turkey & American Cheese Sub
Seasoned Green Beans

31

SUN

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MS/HS
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Detroit, MI 48210
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BLACK HISTORY MONTH

Celebrate
Black
HISTORY
month

FEBRUARY 2025

LUNCH

2

Groundhog
Day



3

Breaded Chicken Parm
Sandwich on WG Bun
or: WG Pizza Slice
or: Salad with Turkey
Ham & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
Or Turkey & American
Cheese Sub

4

Classic Cheeseburger
on WW Bun
or: Breaded Chicken
Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey,
Turkey Ham & Cheese
or: Salad with
Chickpeas, Cheese and
Tomatoes

5

Chicken in Gravy w/
Biscuit
or: Meatball & Gravy
with WW Dinner Roll
or: WG Pizza Slice
or: Salad with Chicken
& Cheese
or: Salad with
Chickpeas, Cheese and
Tomatoes
or: Turkey Ham and
Swiss Sub

6

Teriyaki Beef Dippers
w/ Brown Rice
or: Chicken Nuggets
w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey
& Cheese
or: Salad with
Chickpeas, Cheese and
Tomatoes
or: Italian Sub (Turkey
Ham, Turkey Salami
Provolone)

7

WG Pizza Slice
Tossed Salad with
Ranch
Applesauce
1% White or 1%
Chocolate Milk

8

9

Super Bowl
Sunday

National
Pizza Day

10

Breaded Chicken Patty
on WW Bun
or: Classic
Cheeseburger on WW
Bun
or: WG Pizza Slice
or: Salad with Turkey,
Turkey Ham & Cheese
or: Salad with
Chickpeas, Cheese and
Tomatoes

11

Cheesy Taco Penne
or: WG Pizza Slice
or: Salad with Turkey,
Turkey Ham & Cheese
or: Salad with
Chickpeas, Cheese and
Tomatoes
or: Philly Steak &
Cheese Sub
or: Turkey Dog with
WW Bun

12

Walking Tacos w/ WG
Corn Chips
or: Chicken Nuggets w/
Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Turkey Ham and Swiss
Sub
Texas Ranchero Pinto
Beans

13

Cheese Omelette w/Biscuit
or: Beef Hot Dog on WW
Bun
or: WG Pizza Slice
or: Salad with Turkey &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Italian Sub (Turkey
Ham, Turkey Salami
Provolone)

14

WG Pizza Slice
Fresh Broccoli & Ranch
Dressing
Fresh Orange
1% White or 1%
Chocolate Milk

15

16



No School-
Presidents
Day

17

No School-
Winter
Break

18

19

Chicken Fajita with
Tortilla
or: Beef Hot Dog on WW
Bun
or: WG Pizza Slice
or: Salad with Chicken &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Turkey Ham and Swiss
Sub
Texas Ranchero Pinto
Beans

20

Cheeseburger Mac
w/Dinner Roll
or: Chicken Nuggets w/
Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Italian Sub (Turkey
Ham, Turkey Salami
Provolone)

21

WG Pizza Slice
Fresh Broccoli & Ranch
Dressing
Fresh Orange
1% White or 1%
Chocolate Milk

22

23

Cheeseburger
Meatloaf on WW Bun
or: Breaded
Chicken Patty WW
Bun
or: WG Pizza Slice
or: Salad with Turkey
Ham & Cheese
or: Salad with
Chickpeas,
Cheese and Tomatoes

24

Chicken & Bean Burrito
with WW Tortilla
or: Chicken Strip Wrap
w/Ranch
or: WG Pizza Slice
or: Salad with Turkey,
Turkey Ham & Cheese
or: Salad with
Chickpeas, Cheese and
Tomatoes
or: Philly Steak &
Cheese Sub

25

Texas Chili w/Dinner Roll
or: WG Pizza Slice
or: Salad with Chicken &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Turkey Ham and Swiss
Sub
or: Turkey Dog with WW
Bun
Potato Wedges

26

27

Asian Chicken w/Brown
or: Chicken Nuggets
w/Dinner Roll
Stir Fry Vegetables
Mandarin Orange
1% White or 1%
Chocolate Milk

28

WG Pizza Slice
Baby Carrots w/Ranch
Fresh Gala Apple
1% White or 1%
Chocolate Milk

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BLACK HISTORY MONTH

Celebrate
Black
HISTORY
month

FEBRUARY 2025¹ BREAKFAST

2

Groundhog
Day



3

Frosted Flakes
or: Lucky Charms
Giant Vanilla Goldfish
Mandarin Orange
100% Apple Juice
1% White or 1%
Chocolate Milk

4

WG Pancake
Turkey Sausage
Mixed Berry
Applesauce Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

5

Strawberry PopTart
or: WG Bagel w/Cream
Cheese
Fresh Orange
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

6

WG Emoji Waffle
Fresh Banana
100% Apple Juices
1% White Milk or 1%
Chocolate Milk

7

WG Goody Bun
or: Honey Wheat Bagel
with Cream Cheese
Fruit Mix
100% Orange-
Tangerine Juice
1% White Milk or 1%
Chocolate

8

9

Super Bowl
Sunday

National
Pizza Day

10

Trix Cereal Bar
or: Strawberry
Cheerio Bar
Giant Vanilla Goldfish
Fresh Gala Apple
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

11

Jumbo Waffle
Turkey Sausage
Apple Sauce Cup
100% Orange-
Tangerine Juice
1% White Milk or 1%
Chocolate

12

WG Bagel w/Cream cheese
or: WG Frosted Fudge
PopTart
Diced Peaches
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

13

French Toast Sticks w/
Syrup
Fresh Banana
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

14

WG Frosted Cinnamon
PopTart
or: Honey Wheat Bagel
with Cream Cheese
Pineapple Tidbits
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

15

16



No School-
Presidents
Day

17

No School-
Winter
Break

18

WG Frosted Fudge
PopTart
WG Bagel w/Cream cheese
Diced Pears
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

19

WG Maple Pancake &
Turkey on Stick
Fresh Banana
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

20

WG Goody Bun
or: Honey Wheat Bagel
with Cream Cheese
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate

22

23

Cocoa Puffs Cereal
or: Golden Grahams
Giant Vanilla Goldfish
Fresh Gala Apple
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

24

WG Emoji Waffle
Cinnamon Applesauce
Cup
100% Apple Juices
1% White Milk or 1%
Chocolate Milk

25

WG Bagel w/Cream cheese
or: WG Frosted Fudge
PopTart
Diced Pears
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

26

French Toast Sticks
w/Syrup
Fresh Banana
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

27

WG Goody Ring
or: WG Bagel w/Cream
cheese
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

28

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HOPE 
of **DETROIT**
ACADEMY

Hope of Detroit
MS/HS
4444 35th St.
Detroit, MI 48210
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January
2025

1
New Years
Day

2

3

4



5

6

7

8

9

10

11

Cheerios Bowl
or: Fruit Loops Cereal
Giant Vanilla Goldfish
Cinnamon Applesauce
Cup
10% Fruit Punch Juice
1% White Milk or 1%
Chocolate
Milk

WG Pancake
Turkey Sausage
100% Orange-
Tangerine Juice
1% White Milk or 1%
Chocolate Milk

WG Frosted Fudge
Poptart
or: WG Bagel w/Cream
cheese
Diced Pears
10% Orange Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

WG Maple Pancake
& Turkey on Stick
Fresh Banana
100% Apple
Juice
1% White Milk or 1%
Chocolate Milk

WG Goody Ring
or: Honey Wheat Bagel
with Cream Cheese
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate

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federal civil rights law
and the USDA this
institution is
prohibited from

12

13

14

15

16

17

18

Cocoa Puffs Cereal
or Golden Grahams
Giant Vanilla Goldfish
Fresh Gala Apple
10% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

WG Emoji Waffle
Cinnamon Applesauce
Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

WG Bagel w/Cream
cheese
or: WG Frosted Fudge
Poptart
Diced Pears
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

French Toast Sticks
w/Syrup
Fresh Banana
10% Apple Juice
1% White Milk or 1%
Chocolate Milk

WG Goody Bun
or: WG Bagel w/Cream
Cheese
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

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19

20

21

22

23

24

25

No School-
MLK Day

WG Maple Pancake &
Turkey on Stick
Fresh Gala Apple
100% Orange-
Tangerine Juice
1% White Milk or 1%
Chocolate Milk

WG Frosted Fudge
Poptart
WG Bagel w/Cream
cheese
Fruit mix
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

Jumbo Waffle
Turkey sausage
Fresh Banana
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

WG Frosted Cinnamon
Poptart
or: Honey Wheat Bagel
with Cream Cheese
Diced Peaches
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

26

27

28

29

30

31

Cinnamon Toast Crunch
Cereal
or: Raisin Bran Bow
Giant Vanilla Goldfish
Fresh Gala Apple
100% Orange Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

WG Pancake
Turkey Sausage
Mixed Berry
Applesauce Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

WG Bagel w/Cream
cheese
or: WG Frosted
Cinnamon Poptart
Pineapple Tidbits
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

WG Emoji Waffle
Fresh Banana
100% Apple Juices
1% White Milk or 1%
Chocolate Milk

No School
Staff-in-Service



SUN

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HOPE 
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ACADEMY

Hope of Detroit
MS/HS
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January
2025

New Years
Day



5

Cheeseburger Meatloaf
on WW Bun
or: Breaded Chicken
Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey
Ham & Cheese
or: Salad with
Chickpeas, Cheese and
Tomatoes

6

Chicken & Bean Burrito
with WW Tortilla
or: Chicken Strip Wrap
w/Ranch
or: WG Pizza Slice
or: Salad with Turkey,
Turkey Ham & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Philly Steak & Cheese
Sub

7

Texas Chili w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Chicken &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Turkey Ham and Swiss
Sub
or: Turkey Dog with WW
Bun
Potato Wedges

8

Asian Chicken w/ Brown Rice
or: Chicken Nuggets w/ Dinner
Roll
or: WG Pizza Slice
or: Salad with Turkey &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Italian Sub (Turkey Ham,
Turkey Salami Provolone)

9

WG Pizza Slice
Baby Carrots w/Ranch
Mandarin Orange
1% White or 1%
Chocolate Milk

10

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prohibited from

11

12

Turkey Kielbasa on WW Bun
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Turkey & American Cheese
Sub

13

Breaded Chicken
Drumstick w/Dinner
or: Classic Cheeseburger
on WW Bun
or: WG Pizza Slice
or: Salad with Turkey,
Turkey Ham & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes

14

Beef & Cheese Nachos w/
WG Corn Chips
or: Breaded Chicken
Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey,
Turkey Ham & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes

15

Chicken Alfredo w/WG
Dinner Roll
or: Chicken Nuggets w/
Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Italian Sub (Turkey Ham,
Turkey Salami Provolone)

16

WG Pizza Slice
100% Mango Splash
Juice Box
Fruit Mix
1% White or 1%
Chocolate Milk

17

discriminating on the
basis of race, color,
national origin, sex,
gender identity,
sexual orientation,
disability, age or for
prior civil rights
activity

18

19

No School-
MLK Day

20

WG Maple Pancake &
Turkey on Stick
Fresh Gala Apple
100% Orange-
Tangerine Juice
1% White Milk or 1%
Chocolate Milk

21

WG Frosted Fudge
Poptart
WG Bagel w/Cream
cheese
Fruit mix
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

22

BF Soft Taco on WW Tortilla w/
WG Rice
or: Chicken Nuggets w/ Dinner
Roll
or: WG Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Italian Sub (Turkey Ham,
Turkey Salami Provolone)

23

WG Pizza Slice
Romaine w/ Dressing
Diced Pears
1% White or 1%
Chocolate Milk

24

25

26

Italian Meatball Sub on
WG Bun
or: WG Pizza Slice
or: Salad with Turkey
Ham & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
Or Turkey & American
Cheese Sub

27

Crispy Chicken Sandwich
on WG Bun
or: Classic Cheeseburger
on WW Bun
or: WG Pizza Slice
or: Salad with Turkey
Ham & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes

28

Baked Mostaccioli w/ Dinner
Roll
or: Chicken Nuggets w/ Dinner
Roll
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Turkey Ham and Swiss Sub
Romaine w/ Dressing

29

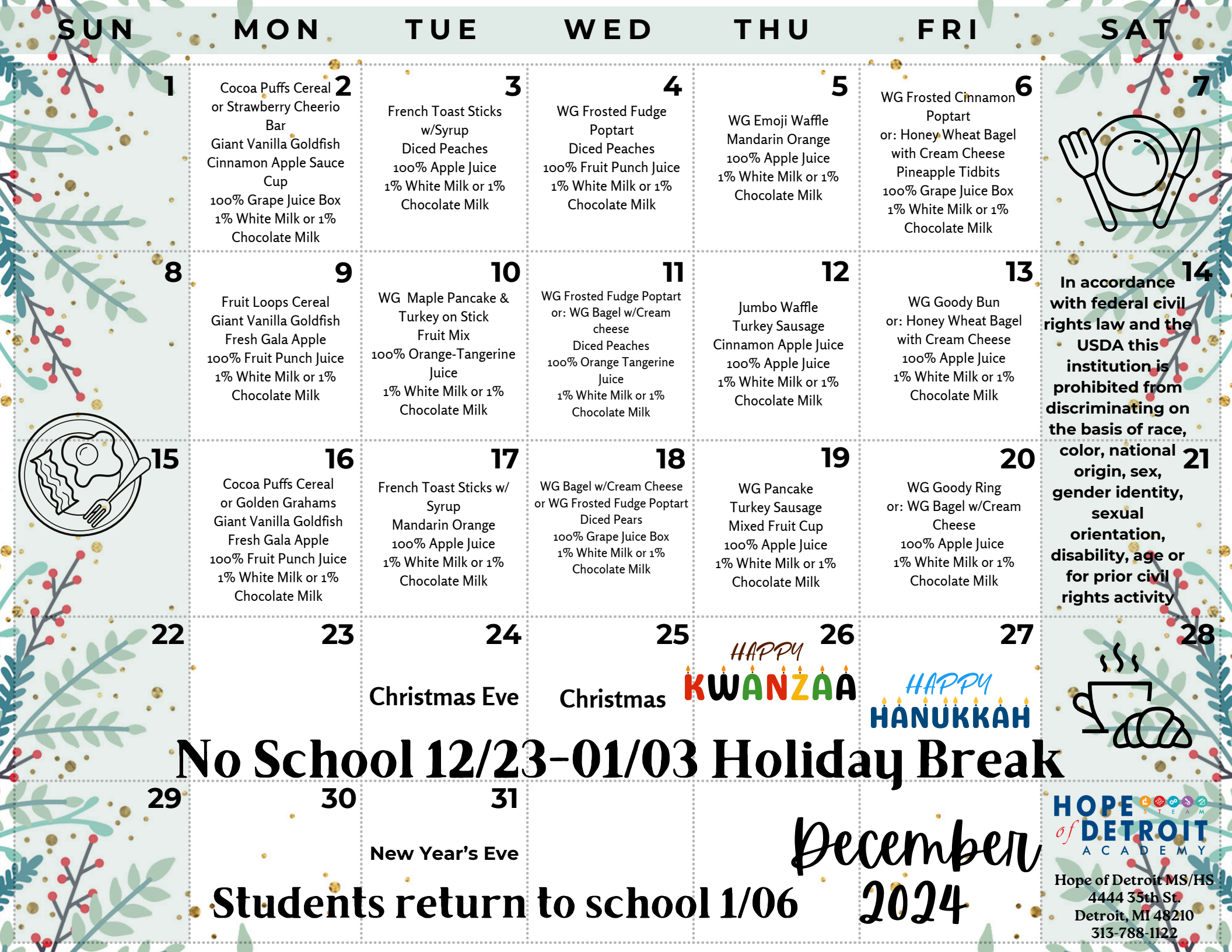
BBQ Chicken on WG Bun
or: Beef Hot Dog on WW
Bun
or: WG Pizza Slice
or: Salad with Turkey &
Cheese
or: Salad with Chickpeas,
Cheese and Tomatoes
or: Italian Sub (Turkey Ham,
Turkey Salami Provolone)

30

No School
Staff-in-Service

31





SUN

MON

TUE

WED

THU

FRI

SAT

1

Cocoa Puffs Cereal
or Strawberry Cheerio
Bar
Giant Vanilla Goldfish
Cinnamon Apple Sauce
Cup
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

3

French Toast Sticks
w/Syrup
Diced Peaches
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

4

WG Frosted Fudge
Poptart
Diced Peaches
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

5

WG Emoji Waffle
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

6

WG Frosted Cinnamon
Poptart
or: Honey Wheat Bagel
with Cream Cheese
Pineapple Tidbits
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk



8

Fruit Loops Cereal
Giant Vanilla Goldfish
Fresh Gala Apple
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

9

WG Maple Pancake &
Turkey on Stick
Fruit Mix
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

10

WG Frosted Fudge Poptart
or: WG Bagel w/Cream
cheese
Diced Peaches
100% Orange Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

11

12

Jumbo Waffle
Turkey Sausage
Cinnamon Apple Juice
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

13

WG Goody Bun
or: Honey Wheat Bagel
with Cream Cheese
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

In accordance
with federal civil
rights law and the
USDA this
institution is
prohibited from
discriminating on
the basis of race,

14



15

Cocoa Puffs Cereal
or Golden Grahams
Giant Vanilla Goldfish
Fresh Gala Apple
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

16

French Toast Sticks w/
Syrup
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

17

WG Bagel w/Cream Cheese
or WG Frosted Fudge Poptart
Diced Pears
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

18

19

WG Pancake
Turkey Sausage
Mixed Fruit Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

20

WG Goody Ring
or: WG Bagel w/Cream
Cheese
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

color, national
origin, sex,
gender identity,
sexual
orientation,
disability, age or
for prior civil
rights activity

21

22

23

24

25

26

27

28

Christmas Eve

Christmas

HAPPY
KWANZAA

HAPPY
HANUKKAH



No School 12/23-01/03 Holiday Break

29

30

31

New Year's Eve

Students return to school 1/06

December
2024

HOPE
of DETROIT
ACADEMY

Hope of Detroit MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

SUN

MON

TUE

WED

THU

FRI

SAT

1

Classic Cheeseburger on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey & American Cheese Sub

2

Chicken Strips & Waffle
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Philly Steak & Cheese Sub

3

Cheesy Taco Penne
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey Ham and Swiss Sub
Tossed Salad with Ranch

4

Cheese Omelette w/Biscuit
or Breaded Chicken Patty on WW Bun
or: Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

5

6

WG Pizza Slice
Fresh Broccoli & Ranch Dressing
Fresh Orange
1% White or 1% Chocolate Milk



7

8

Crispy Chicken Sandwich on WG Bun
or: Classic Cheeseburger on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

9

Beef Sloppy Joe on WG Bun
or: Breaded Chicken Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

10

Chicken Fajita with Tortilla
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey Ham and Swiss Sub
Texan Ranchero Pinto Beans

11

Cheeseburger Mac w/Dinner Roll
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

12

13

WG Pizza Slice
Fresh Broccoli & Ranch Dressing
Fresh Orange
1% White or 1% Chocolate Milk

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14

15



Cheeseburger Meatloaf on WW Bun
or: Breaded Chicken Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

16

Chicken & Bean Burrito with WW Tortilla
or: Chicken Strip Wrap w/Ranch
or: WG Pizza Slice
or: Salad with Turkey, Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Philly Steak & Cheese Sub

17

Texas Chili w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Turkey Ham and Swiss Sub
or: Turkey Dog with WW Bun
Potato Wedges

18

Asian Chicken w/ Brown Rice
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

19

20

21

22

23

24

Christmas Eve

25

Christmas

HAPPY
KWANZAA

26

HAPPY
HANUKKAH

27

28

No School 12/23-01/03 Holiday Break

29

30

31

New Year's Eve

Students return to school 1/06 2024

December
2024

HOPE of **DETROIT**
ACADEMY

Hope of Detroit MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

SUN

MON

TUE

WED

THU

FRI

SAT



Hope of Detroit MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

November 2024

3



Cocoa Puffs Cereal
or Golden Grahams
Giant Vanilla Goldfish
Diced Peaches
100% Fruit Punch
Juice
1% White Milk or 1%
Chocolate Milk

4

**No School
Staff in
Service
Election Day!**

5

WG Bagel w/ Cream
Cheese
or: WG Frosted Fudge
Poptart
Fresh Gala Apple
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

6

Jumbo Waffle
Turkey Sausage
Mixed Berry Applesauce
Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

7

8

WG Goody Ring
or: WG Bagel w/Cream
Cheese
Fresh Banana
100% Apple Juice
1% White Milk or 1%
Chocolate

9

10



Blueberry Nutri-grain Bar
or: Strawberry Nutri-grain
Bar
Giant Vanilla Goldfish
Pineapple Tidbits
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

11

French Toast Sticks
w/Syrup
Mandarin Orange
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

12

WG Frosted Fudge
Poptart
or: WG Bagel w/Cream
Cheese
Fresh Gala Apple
100% Orange Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

13

**Q1 Parent
Teacher
Conferences**

14

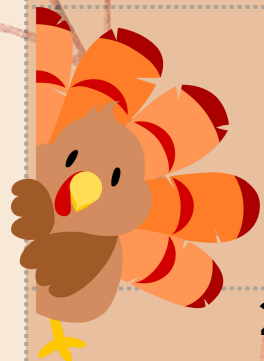
15

**No School
Staff in
Service**

16

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17



Cinnamon Toast Crunch
Cereal
or: Raisin Bran Bowl
Giant Vanilla Goldfish
Fresh Orange
100% Orange Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

18

Jumbo Waffle
Turkey Sausage
Diced Peach Cup
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

19

WG Bagel w/ Cream
cheese
or: WG Frosted
Cinnamon Poptart
Fresh Gala Apple
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

20

French Toast Sticks
w/ Syrup
Cinnamon Applesauce
Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

21

22

WG Apple Roll
or: Honey Wheat Bagel
with Cream Cheese
Cinnamon Toast
Fresh Banana
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

23

24

Trix Cereal Bowl
or: Lucky Charms
Giant Vanilla Goldfish
Pineapple Tidbits
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

25

WG Pancake
Turkey Sausage
Mixed Fruit Cup
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

26

27

**Thanksgiving
Day!
No School**

28

29



30

Thanksgiving Break 11/27-11/29

SUN

MON

TUE

WED

THU

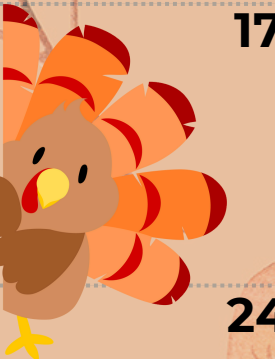
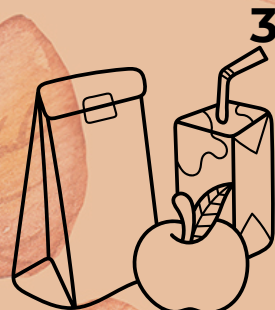
FRI

SAT



Hope of Detroit MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

November 2024



3
Turkey Kielbasa on WW Bun
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey & American Cheese Sub

10
11
Flame-Grilled Chicken Burger w/ Cheese on
or: Classic Cheeseburger on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

17
18
Italian Meatball Sub on WG Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Turkey & American Cheese Sub

24
25
Breaded Chicken Parm Sandwich on
or: Classic Cheeseburger on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

4
5
Turkey Kielbasa on WW Bun
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
Or Turkey & American Cheese Sub

12
13
Meatballs & Gravy w/ Dinner
or: Breaded Chicken Patty on WW Bun
or: WG Pizza Slice
or: Salad with Turkey, Turkey Ham and Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

19
20
Chicken in Gravy w/ Biscuit
or: Classic Cheeseburger on WW Bun
or: WG Pizza Slice
or: Salad with Turkey, Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes

26
Walking Taco w/ WG Corn Chips
or: WG Pizza Slice
or: Salad with Turkey, Turkey Ham and Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Philly Steak & Cheese Sub
or: Turkey Dog with WW Bun

6
Beef & Cheese Nachos w/ WG Corn
or: Breaded Chicken Patty on WW Bun
or: WG Pizza Slicer: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub

13
14
Popcorn Chicken w /Dinner Roll
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Turkey Ham and Swiss Sub
Mante Carrot Chin

20
21
Baked Mostaccioli w/ Dinner Roll
or: Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salade with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Turkey Ham and Swiss Sub
Romaine w/ Dressing

27
28
Thanksgiving Day!
No School

Thanksgiving Break 11/27-11/29

7
Chicken Alfredo W/WG Dinner Roll
or Chicken Nuggets w/ Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

Q1 Parent Teacher Conferences

21
22
Breaded Chicken Patty on WW Bun
or: Beef Hot Dog on WW Bun
or: WG Pizza Slice
or: Salad with Turkey & Cheese
or: Salad with Chickpeas, Cheese and Tomatoes
or: Italian Sub (Turkey Ham, Turkey Salami Provolone)

28
29
Thanksgiving Day!
No School

8
WG Pizza Slice
Mango Splash Juice Box
Diced Peaches
1% White or 1% Chocolate Milk

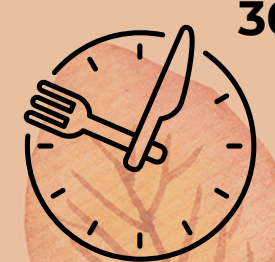
15
No School Staff in Service

22
WG Pizza Slice
Mango Splash Juice Box
Diced Peaches
1% White or 1% Chocolate Milk

29
30
Thanksgiving Day!
No School

9
WG Pizza Slice
Mango Splash Juice Box
Diced Peaches
1% White or 1% Chocolate Milk

23
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SUN

MON

TUE

WED

THU

FRI

SAT

October 2024

1

WG Maple Pancake &
Turkey on Stick
Cinnamon Applesauce
Cup
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

2

WG Frosted Fudge Poptart
WG Bagel w/Creams
Cheese
Fruit mix
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

3

Jumbo Waffle
Turkey Sausage
Cinnamon Applesauce
cup
100% Apple juice
1% White Milk or 1%
Chocolate Milk

4

WG Cinnamon Bun
Honey Wheat Bagel
with Cream Cheese
Diced Peaches
100% Apple juice
1% White Milk or 1%
Chocolate Milk

5

Breakfast

6

Cinnamon Toast Crunch Cereal
Raisin Bran Bowl
Giant Vanilla Goldfish
Fresh Gala Apple
100% Orange-Tangerine Juice
1% White Milk or 1% Chocolate
Milk

7

French Toast Sticks w/
Syrup
Madarin Orange
100% Apple juice
1% White Milk or 1%
Chocolate Milk

8

9

NO SCHOOL
STAFF-IN-SERVICE

10

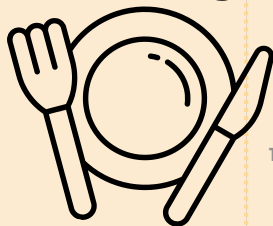
WG Pancake
Turkey Sausage
Mixed Fruit Cup
100% Apple juice
1% White Milk or 1%
Chocolate Milk

11

WG Apple Roll
Honey Wheat Bagel
with Cream Cheese
Diced Pears
100% Fruit Punch
1% White Milk or 1%
Chocolate Milk

12

13



Trix Cereal Bowl
Lucky Charms
Giant Vanilla Goldfish
Madarin Orange
100% Apple juice
1% White Milk or 1% Chocolate
Milk

14

Jumbo Waffle
Turkey Sausage
Madarin Orange
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

15

Strawberry PopTart
WG Bagel w/Cream Cheese
Fresh Orange
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

16

French Toast Sticks w/
Syrup
Cinnamon Applesauce
cup
100% Apple juice
1% White Milk or 1%
Chocolate Milk

17

WG Goody Bun
Honey Wheat Bagel
with Cream Cheese
Fruit mix
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

18



19

20

Trix Cereal Bar
Strawberry Cheerio Bar
Giant Vanilla Goldfish
Fresh Gala Apple
100% Grape juice box
1% White Milk or 1% Chocolate
Milk

21

WG Pancake
Turkey Sausage
Diced Pears
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

22

WG Bagel w/Creams Cheese
WG Frosted Fudge Poptart
Diced Peaches
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

23

WG Maple Pancake &
Turkey on Stick
Mixed Berry Applesauce
Cup
100% Apple Juice
1% White Milk or 1%
Chocolate Milk

24

WG Frosted Cinnamon
Poptart
Honey Wheat Bagel
with Cream Cheese
Pineapple Tidbits
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

25

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26

27

Cherrios Bowl
Froot Loops Cereal
Giant Vanilla Goldfish
Fresh Gala Apple
100% Fruit Punch Juice
1% White Milk or 1% Chocolate
Milk

28

French Toast Sticks w/
Syrup
Diced Peaches
100% Apple juice
1% White Milk or 1%
Chocolate Milk

29

WG Frosted Fudge Poptart
WG Bagel w/Creams Cheese
Diced Pear
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

30

WG Emoji Waffle
Madarin Orange
100% Orange-Tangerine
Juice
1% White Milk or 1%
Chocolate Milk

31

HOPE 
of DETROIT
ACADEMY
Hope of Detroit
MS/HS
4444 35th St.
Detroit, MI 48210
313-788-1122

SUN

MON

TUE

WED

THU

FRI

SAT

October 2024

6

Breaded Chicken Parm Sandwich
on WG Bun
or: WG Pizza Slice
or: Classic Cheeseburger on WW
Bun
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes

7

Popcorn Chicken w/Dinner Roll
or: WG Pizza Slice
or: Salad with Turkey, Turkey Ham
and
Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes
or: Philly Steak & Cheese Sub
or: Turkey Dog with WW Bun

8

9

NO SCHOOL
STAFF-IN-SERVICE

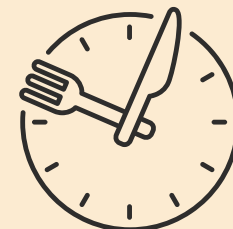
10

Teriyaki Beef Dippers w/ Brown
Rice
or Chicken Nuggets w/ Dinner Roll
or WG Pizza Slice
or Salad with Chicken & Cheese
or Salad with Chickpeas, Cheese
and
Tomatoes
or: Italian Sub (Turkey Ham, Turkey
Salami, Provolone)

11

WG Pizza Slice
100% Mango Splash Juice Box
Fruit Mix
1% White or 1% Chocolate Milk

12



13

14

Crispy Chicken Sandwich w/Bacon
on WG Bun
or WG Pizza Slice
or Salad with Chicken & Cheese
or Salad with Chickpeas, Cheese
and Tomatoes
or: Turkey & American Cheese Sub

15

Chicken Strip & Waffle
or: WG Pizza Slice
or: Classic Cheeseburger on WW
Bun
or: Salad with Chicken & Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes

16

Cheesy Taco Penne
or Chicken Nuggets w/ Dinner Roll
or WG Pizza Slice
or Salad with Chicken & Cheese
or Salad with Chickpeas, Cheese
and
Tomatoes
or: Turkey Ham and Swiss Sub

17

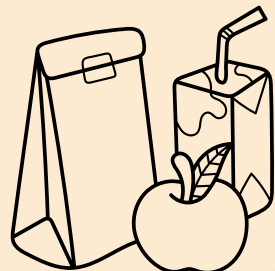
Cheese Omelette W/Biscuit
or: Breaded Chicken Patty on WW
Bun
or WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes
or: Italian Sub (Turkey Ham, Turkey
Salami, Provolone)

18

WG Pizza Slice
Fresh Broccoli & Ranch
Dressing
Diced Pears
1% White or 1% Chocolate Milk

19

20



Crispy Chicken Sandwich on
WG Bun
or WG Pizza Slice
or Salad with Chicken &
Cheese
or Salad with Chickpeas,
Cheese and Tomatoes

21

Sloppy Joe Sliders
or: Breaded Chicken Patty on WW
Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes

22

Chicken Fajita with Tortilla
or: Beef Hot Dog on WW Bun
or: WG Pizza
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes
or Turkey Ham and Swiss Sub
Texas Ranchero Pinto Beans

23

Cheeseburger Mac w/Dinner Roll
or Chicken Nuggets w/ Dinner Roll
or WG Pizza Slice
or Salad with Chicken & Cheese
or Salad with Chickpeas, Cheese
and
Tomatoes
or: Italian Sub (Turkey Ham, Turkey
Salami, Provolone)

24

WG Pizza Slice
Fresh Broccoli & Ranch
Dressing
Fruit Mix
1% White or 1% Chocolate Milk

25

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26

27

Cheeseburger meatloaf on WW
Bun
or: Breaded Chicken Patty on WW
Bun
or: WG Pizza Slice
or: Salad with Turkey Ham & Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes

28

Chicken & Bean Burrito on WW
Tortilla
or: Chicken Strip Wrap w/Ranch
or: WG Pizza Slice
or: Salad with Turkey, Turkey Ham
and
Cheese
or: Salad with Chickpeas, Cheese
and
Tomatoes
or: Philly Steak & Cheese Sub

29

Texas Chili w/Dinner Roll
or WG Pizza Slice
or Salad with Chicken & Cheese
or Salad with Chickpeas, Cheese
and
Tomatoes
or: Turkey Ham and Swiss Sub
or: Turkey Dog with WW Bun
Potato Wedges

30

Asian Chicken w/Brown Rice
or Chicken Nuggets w/ Dinner Roll
or WG Pizza Slice
or Salad with Chicken & Cheese
or Salad with Chickpeas, Cheese
and
Tomatoes
or: Italian Sub (Turkey Ham, Turkey
Salami, Provolone)

31

HOPE 
of **DETROIT**
ACADEMY


**Hope of Detroit
MS/HS**
4444 35th St.
Detroit, MI 48210
313-788-1122

September, 2024

Hope of Detroit MS & HS Breakfast

September, 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	Cocoa Puff Cereal Bar (30) or: Strawberry Cheerio Bar (30) Chat Snack Graham crackers(21) or: Giant Cinnamon Goldfish(19) Mixed Fruit Cup (11) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	Frosted Flakes(24) or: Cheerios Bowl(21) Giant Cinnamon Goldfish(19) or: WG Animal Crackers(22) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	Trix Cereal Bar(29) or: Apple Cinnamon Nutri-grain Bar(30) WG Animal Crackers(22) or: Giant Cinnamon Goldfish(19) Craisins(27) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	WG Goody Ring(31) or: WG Bagel w/Cream cheese(30) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)
Cinnamon Toast Crunch Cereal bar (30) or: Strawberry Nutri-grain Bar (30) WG Animal Crackers(22) or: Chat Snack Graham crackers(21) Diced Pears(33) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	Cinnamon Toast Crunch Cereal(22) or: Honey Cheerios Bowl (22) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	WG Bagel w/Cream cheese(30) or: WG Frosted Cinnamon Poptart (36) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	WG Banana Muffin(31) or: WG Blueberry Muffin(30) WG Animal Crackers(22) or: Giant Vanilla Goldfish (19) Cinnamon Applesauce Cup(14) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	Cheerios Bowl(21) or: Lucky Charms(23) Giant Cinnamon Goldfish(19) or: WG Animal Crackers(22) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)
Apple Jacks(24) or: Cinnamon Chex Cereal(23) WG Animal Crackers(22) or: Chat Snack Graham crackers(21) Mandarin Orange(43) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	WG Blueberry Muffin(30) or: Double Chocolate Chip Muffin(27) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Diced Pear Cup (14) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	WG Goody Ring(31) or: WG Bagel w/Cream cheese(30) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	Strawberry Cheerio Bar (30) or: Cocoa Krispies Cereal Bar (27) Chat Snack Graham crackers(21) or: Giant Vanilla Goldfish (19) Craisins(27) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	Froot Loops Cereal(24) or: Raisin Bran Bowl (28) WG Animal Crackers(22) or: Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)
Golden Grahams(24) or: Blueberry Chex Cereal (23) WG Animal Crackers(22) or: Chat Snack Graham crackers(21) Diced Peaches(28) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	Cheerios Bowl(21) or: Apple Jacks(24) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Pineapple Tibits Cup (15) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	WG Bagel w/Cream cheese(30) or: WG Frosted Fudge Poptart (36) Fresh Apple(29) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)	WG Banana Muffin(31) or: WG Blueberry Muffin(30) Giant Vanilla Goldfish (19) or: WG Animal Crackers(22) Fruit mix(37) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)	Cinnamon Toast Crunch Cereal bar (30) or: Blueberry Nutri-grain Bar (30) Chat Snack Graham crackers(21) or: WG Animal Crackers(22) Fresh Banana(62) 100% Orange-Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)
Cinnamon Chex Cereal(23) or: Froot Loops Cereal(24) WG Animal Crackers(22) or: Giant Vanilla Goldfish (19) Fresh Orange(22) 100% Apple Juice(30) 1% White Milk or 1% Chocolate Milk(11)				

WELCOME



Thought for Thought

Tips & Information

Labor Day, the first Monday in September, constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first unofficial Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. On June 28th, 1894 the first Monday in September was declared Labor Day by President Grover Cleveland. Labor Day is not only celebrated in the United States, but also Canada and other industrialized nations. This day for some is a day to relax and enjoy the end of summer & the beginning of another GREAT YEAR OF LEARNING!!!

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:570 AvgSod(mg):393 AvgCarbs(g):108

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & 1%Chocolate Milk available daily.



Menu Subject to Change

September, 2024

Hope of Detroit MS & HS Lunch

September, 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				
	3 Half Day - No Lunch	4	5	6
Breaded Chicken Drumstick w/Dinner roll or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Turkey & American Cheese Sub or: Turkey Dog with WW Bun Baked Beans Diced Peaches 1% White or 1% Chocolate Milk	Beef & Cheese Nachos w/ WG Corn Chips or: Chicken Nuggets w/ Dinner Roll or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Philly Steak & Cheese Sub Romaine w/ Dressing Fresh Apple	Mini Cheese Calzones or: Beef Pepperoni Calzone or: WG Pizza Slice Baked Green Beans Fresh Orange 1% White or 1% Chocolate Milk	BBQ Beef Meatballs w/Bun or: Beef Hot Dog on WW Bun or: WG Pizza Slice Seasoned Corn Fresh Banana 1% White or 1% Chocolate Milk	WG Pizza Slice Romaine w/ Dressing 100% Orange-Tangerine Juice 1% White or 1% Chocolate Milk
9	10	11	12	13
Italian Meatball Sub on WG Bun or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Baked Green Beans	Chicken Strip Wrap w/ Ranch or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Beef Sloppy Joe on WG Bun or: Philly Steak & Cheese Sub	Chef Salad w/ WW Pita or: Chicken Tenders w/ Dinner Roll or: WG Pizza Slice or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Romaine w/ Dressing	Bf Soft Taco on WW Tortilla w/ WG Rice or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Breaded Hot & Spicy Chicken Patty on WG Bun or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)	WG Pizza Slice Sunset Sp Vegetable Juice Pineapple Tidbits 1% White or 1% Chocolate Milk
16	17	18	19	20
Chicken Fajita with Tortilla or: Classic Cheeseburger on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub Fiesta Taco Black Beans	Beef Pepperoni Calzone or: Mini Buffalo Cheese Calzones or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Philly Steak & Cheese Sub	Cheesy Taco Penne or: Chicken Nuggets w/ Dinner Roll or: WG Pizza Slice or: Salad with Chicken & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Ham and Swiss Sub Romaine w/ Dressing	Popcorn Chicken w/ Dinner Roll or: Beef Hot Dog on WW Bun or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)	WG Pizza Slice Baby Carrots w/Ranch 100% Orange-Tangerine Juice 1% White or 1% Chocolate Milk
23	24	25	26	27
BBQ Beef Rib Patty on WW Bun or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey & American Cheese Sub or: Turkey Dog with WW Bun Potato Wedges				
30				

WELCOME



Thought for Thought

Tips & Information

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