

SUN

MON

TUE

WED

THU

FRI

SAT



Hope of Detroit

MS/HS

4444 35th St.

Detroit, MI 48210

313-788-1122

Labor Day



Grandparents Day



Trix Cereal Bowl or:
Strawberry Cheerio Bar
WG Animal Crackers
Craisins 100% Fruit
Punch Juice 1% White
Milk or 1% Chocolate
Milk

Apple Cinnamon Nutri-
grain Bar or: Honey
Cherrios Bowl Giant
Cinnamon Goldfish Diced
Pears 100% Apple Juice 1%
White Milk or 1%
Chocolate Milk

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

WG Banana Muffin or:
Strawberry Cheerio Bar
Giant Vanilla Goldfish
Pineapple Tidbits 100%
Orange Tangerine Juice
1% White Milk or 1%
Chocolate Milk

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

Cocoa Puffs Cereal or:
Double Chocolate Oatmeal
Bar WG Animal Crackers
Craisins 100% Fruit
Punch Juice 1% White
Milk or 1% Chocolate Milk

Cinnamon Toast
Crunch Cereal Bar or:
Blueberry Chex Cereal
Giant Cinnamon
Goldfish Fresh Gala
Apple 100% Apple Juice
1% White Milk or 1%
Chocolate Milk

WG Bagel w/Cream
cheese or: Strawberry
Pop Tart Fruit mix
100% Grape Juice Box
1% White Milk or 1%
Chocolate Milk

WG Blueberry Muffin or:
Strawberry Nutri-grain
Bar Giant Vanilla Goldfish
Fresh Banana 100%
Orange Tangerine Juice 1%
White Milk or 1%
Chocolate Milk

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



Cinnamon Toast
Crunch Cereal or: Apple
Cinnamon Nutri-grain
Bar WG Animal
Crackers Craisins
100% Fruit Punch Juice
1% White Milk or 1%
Chocolate Milk

Golden Grahams Cereal
Bar or: Apple Cinnamon
Cheerios Giant Cinnamon
Goldfish Fresh Orange
100% Apple Juice 1%
White Milk or 1%
Chocolate Milk

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

WG Banana Muffin or:
Cocoa Puff Cereal Bar
Giant Vanilla Goldfish
Mandarin Orange 100%
Orange Tangerine Juice 1%
White Milk or 1%
Chocolate Milk

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

Lucky Charms or:
Strawberry Nutri-grain
Bar WG Animal Crackers
Fresh Gala Apple 100%
Fruit Punch Juice 1%
White Milk or 1%
Chocolate Milk

Trix Cereal Bar or: Rice
Chex Cereal Giant
Cinnamon Goldfish
Mandarin Orange 100%
Apple Juice 1% White Milk
or 1% Chocolate Milk

September 2025

Breakfast

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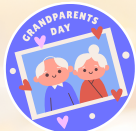
Detroit, MI 48210

313-788-1122

Labor Day



Grandparents Day



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: Grilled Chicken Breast on WW Bun

Turkey Meatballs & Gravy w/ Dinner Roll or: Beef Meatballs & Gravy with WW Dinner Roll or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes

Honey Mustard Chicken Wrap 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 Seasoned Green Beans

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

WG Pizza Slice Romaine w/ Dressing Fresh Gala Apple 1% White or 1% Chocolate Milk

BBQ Chicken 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

Italian Meatball Sub on WG Bun or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Turkey Kielbasa on WW Bun or: Philly Steak & Cheese Sub

WG Chicken Nuggets w/ WG 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 Seasoned Corn

Beef Soft Taco on WW Tortilla w/ WG Rice or: Breaded Chicken Patty on WW Bun or: WG Pizza Slice or: Salad with Turkey & Cheese or: Salad with Chickpeas, Cheese and Tomatoes or: Italian Sub

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



Cheeseburger Meatloaf on WW Bun or: WG Chicken Nuggets w/ WG Dinner Roll or: WG Pizza Slice or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes

WG Chicken Tenders with WG Dinner Roll or: WG Spicy Chicken Tenders w/ Dinner Roll or: WG Pizza Slice or: Salad with Turkey, Turkey Ham and Cheese or: Salad with Chickpeas, Cheese and Tomatoes

Walking Taco w/ WG Doritos 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 Fiesta Taco Black Beans

Asian Chicken w/ Brown Rice or: Classic Cheeseburger 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)

WG Pizza Slice Romaine w/ Dressing Fresh Gala Apple 1% White or 1% Chocolate Milk

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

Turkey Kielbasa on WW Bun 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

September 2025

LUNCH