

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

NO SCHOOL
STAFF-IN-SERVICE

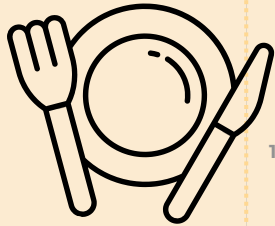
9

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

10

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 Peaches
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

In accordance with federal civil 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

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 TEAM
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

1
 Italian Meatball Sub 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

2
 Walking Taco w/WG Corn Chips 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

3
 BBQ Chicken on WG Bun or: Beef Hot Dog on WW Bun or: WG Pizza
 or: Salad with Turkey Ham & Cheese or: Salad with Chickpeas, Cheese and Tomatoes
 or: Italian Sub (Turkey Ham, Turkey Salami, Provolone)

4
 WG Pizza Slice
 Romaine w/Dressing
 Fresh Orange
 1% White or 1% Chocolate Milk



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

NO SCHOOL STAFF-IN-SERVICE

9

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)

10

11
 WG Pizza Slice
 100% Mango Splash Juice Box
 Fruit Mix
 1% White or 1% Chocolate Milk

12

13

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

14

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

15

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

16

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)

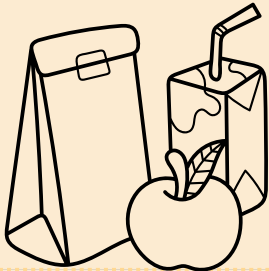
17

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

18

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

In accordance with federal civil 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

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