



Virtual Learning Menu - 5 Days				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets (13g)	WowButter & Jelly Sandwich (28g)	Popcorn Chicken (20g)	Tortilla Chips (40g) & Queso Cup (15g)	Chicken Tenders (16g)
Sides	Sides	Sides	Sides	Sides
Corn (16g) Peaches (14g) 1% Chocolate Milk (24g)	Honey Roasted Sunflower Seeds (6g) Baby Carrots (7g) Fresh Apple (22g) 1% Chocolate Milk (24g)	Mixed Vegetables (12g) Pears (16g) 1% Chocolate Milk (24g)	Dragon Juice (14g) Fresh Apple (22g) 1% Chocolate Milk (24g)	Green Beans (3g) Apple Slices (7g) 1% Chocolate Milk (24g)
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cinnamon Pop-Tart (73g) Apple Juicy Juice (15g) 1% White Milk (11g)	Goody Ring (29g) Strawberry Banana Applesauce (14g) 1% White Milk (11g)	Cocoa Puffs Cereal (25g) Orange Juicy Juice (17g) 1% White Milk (11g)	Blueberry Waffle (37g) Fresh Apple (22g) 1% White Milk (11g)	Crunchmania (38g) Apple Juicy Juice (15g) 1% White Milk (11g)

Your lunch choices includes: An entrée with protein & whole grains, vegetable side dishes, fruit side dishes, and a variety of milk.

This institution is an equal opportunity provider.

Any questions contact the Food Service Department at (248) 682-0394 or Samantha Mozdierz, MSA, RDN, SNS at mozdzs01@wsdmi.org

Free and Reduced Applications

Only one application per family is needed even if your children go to different schools.

ALL household members **MUST** be included on the application

When submitting an application, parents **WILL BE CHARGED** for meals until the process is complete.

(This could take several weeks)

APPLY AT: WWW.LUNCHAPP.COM

TO GREATLY SHORTEN PROCESSING TIME