October 2017

Saginaw Chippewa Academy





School Information:

Breakfast Cost: \$1.00/day Lunch Cost: \$2.45/day Reduced Breakfast: \$0.30 Reduced Lunch: \$0.40



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Pancakes, sausage, hash brown, veggie juice, oranges, choice of milk

Tuesday

Turkey corn dog, 3 broccoli, pineapple, choice of milk

Wednesday

Grilled chicken sandwich salad, banana, choice of milk

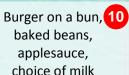
Thursday

Walking taco, lettuce, cheese, refried beans, grapes, choice of milk

Friday

Cheese pizza, carrots, apple slices, choice of milk

Fiesta bake, green beans, oranges, choice of milk



17

Turkey/gravy, mashed potatoes, dinner roll, peaches, choice of milk

18

Chicken tenders, 12
french fries,
grapes,
choice of milk

Pizza mini bagel, 13 carrots, banana, choice of milk

Breakfast sandwich, 16
hash brown,
veggie juice,
orange,
choice of milk

Burrito, green beans, grape slushie, grapes, choice of milk Lasagna, sweet potato, breadstick, apple slices, choice of milk Taco salad, refried beans, peaches, choice of milk Calzone pizza, carrots, banana, choice of milk

20

27

Pancakes, sausage, hash brown, veggie juice, oranges, choice of milk

Turkey corn dog, 24
broccoli,
pineapple,
choice of milk

Grilled chicken sandwich 25 salad, banana, choice of milk Walking taco, lettuce, cheese, refried beans, grapes, choice of milk Cheese pizza, carrots, apple slices, choice of milk

Fiesta bake, green beans, oranges, choice of milk

Burger on a bun, 31 baked beans, applesauce, choice of milk





19

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