



2019 Menu

2019-2020 Meal Prices

Lunch = \$3.00
.40 for those qualified reduced

Second Entrée = \$1.50

Free and Reduced application available online at:

www.lunchapp.com

The U.S. Department of Agriculture Prohibits discrimination. See Full USDA Nondiscrimination Statement on our website at www.anchorbay.misd.net/departments/foodservice/

This institution is an equal opportunity provider.

Menu Subject to Change

Other Available Options

Fresh Salad Lunch • Yogurt Lunch

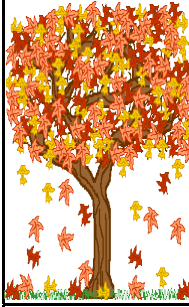







- Hummus Lunch

Lunch Includes:

Salad, Yogurt or Hummus Entrée
 Variety Bread/Grain Item
 Fruit and Vegetables Of the Day
 One Milk

Salad Offerings:

Monday—Hummus Lunch
Tuesday- Club Salad with Egg, Turkey & Ham
Wednesday-Taco Salad
Thursday- Grilled Chicken Salad

Mon	Tue	Wed	Thu	Fri
 1 #1 French Toast Sticks w/Syrup Sausage Patties Fresh Carrots Mandarin Oranges Milk #2 Yogurt Lunch #3 Salad Lunch	2 #1 Cheese & Pepperoni Pizza Romaine Salad Cherry Tomato Blueberries Milk #2 Yogurt Lunch #3 Salad Lunch	3 #1 Chicken Tenders Mashed Potato Gravy WG Dinner Roll Apple slices Milk #2 Yogurt Lunch #3 Salad Lunch	4 PTC Pizza Lunch 	
7 #1 Boneless Chicken Wings w/Dippin Sauce Sweet Potato Fries Garbanzo Beans Diced Peaches Milk #2 Yogurt Lunch #3 Hummus Lunch	8 #1 Scrambled Eggs Donut Ring Hash brown Potato Rounds Orange Slices #2 Yogurt Lunch #3 Salad Lunch	9 #1 Cheese Pizza Romaine Salad Cucumbers Watermelon Milk #2 Yogurt Lunch #3 Salad Lunch	10 #1 Chicken Snackers Buttered Noodles Crunchy Carrots Strawberry Cup Milk #2 Yogurt Lunch #3 Salad Lunch	11 PTC Pizza Lunch 
14 #1 Kellogg's Confetti Pancakes w/Syrup Scrambled Eggs Cherry Star Punch Celery Stick Milk #2 Yogurt Lunch #3 Hummus Lunch	15 #1 Nacho Deluxe Tortilla Chips w/Taco Meat & Cheese Sauce Refried Beans Salsa Cup Pineapple #2 Yogurt Lunch #3 Salad Lunch	16 #1 Cheese & Pepperoni Pizza Romaine Salad Cherry Tomato Apple Slices w/Caramel Dip Milk #2 Yogurt Lunch #3 Salad Lunch	17 #1 Chicken Patty on a Bun Thunder Fries Crisp Cucumber Berry Cup Milk Free Doritos with Lunch #2 Yogurt Lunch #3 Salad Lunch	18 PTC Pizza Lunch 
21 #1 Hamburger On a Bun Baked Beans Pickle Spear Mixed Fruit Cup Milk Free Oreo 2 pack #2 Yogurt Lunch #3 Hummus Lunch	22 #1 Beef Hot Dog on a Bun Thunder Fries Apple Slices Milk #2 Yogurt Lunch #3 Salad Lunch	23 #1 Cheese Pizza Romaine Salad Cherry Tomato Fruit Sorbet Milk #2 Yogurt Lunch #3 Salad Lunch	24 #1 Chicken Drumsticks Twister Fries Crisp Cucumber Fresh Melon Milk #2 Yogurt Lunch #3 Salad Lunch 	25 PTC Pizza Lunch 
28 #1 Pasta W/Meat Sauce Parmesan Cheese Garlic Twist Romaine Salad Strawberry Cup Milk #2 Yogurt Lunch #3 Hummus Lunch	29 #1 French Toast Sticks with Syrup Scrambled Eggs Crunchy Carrots Peach Cup Dragon Punch Milk #2 Yogurt Lunch #3 Salad Lunch	30 #1 Tony's Deep Dish Cheese Pizza* Romaine Salad Cherry Tomato Applesauce Cup Milk #2 Yogurt Lunch #3 Salad Lunch	31 #1 Spooky Chicken Nuggets Monster Mashed Potato w/Gravy Pumpkin Shaped Pretzel Halloween Sherbet Milk #2 Yogurt Lunch #3 Salad Lunch Happy Halloween 	All Saints Days November 1st 

On Line Resources

Applications:
www.lunchapp.com

Nutritional: <https://www.anchorbay.misd.net/departments/food-service/>

Meal Account Website:
www.sendmoneytoschool.com



Students will order lunch each day when teacher takes attendance. No need to preorder. Each Student Lunch consists of five food components:

Protein
 Grain

3/4 cup to 1 cup of Vegetables
 1/2 cup of Fruit

8 ounces of 1% White or Flavored Milk

Students may choose to take all of these lunch items or just 3 but one of the choices must be a 1/2 cup fruit or vegetable.

Parents: Extra Entrees may be available for \$1.50 which can come out of student's account if you allow—thank you.