







## Bridgeport-Spaulling High School

**November 1-4 , 2016**

A complete meal includes a choice of entrée (protein and grain), up to 2 servings of vegetables, 2 servings of fruit, and a choice of milk. Milk choices include skim white and skim chocolate. In addition to the vegetables and fruits offered on our serving line stations, a daily hot & cold vegetable and fruit bar is available daily. We feature a variety of vegetables and fruits on the bar including Michigan-grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	The Perfect Sloppy Joe on WG Bun Baked Crinkle Fries	Seasoned Beef Taco on WG Tortilla Shredded Lettuce Cheese Salsa	Cheeseburger on WG Bun Seasoned Baked Fries Roasted Seasoned Green	Homemade Beef Lasagna WG Dinner Roll Seasoned corn	Home-Style Meatloaf WG Dinner Roll Steamed Brown Rice
 Cold Sandwiches Made Fresh Your Way Student Price: \$3.75	Available Daily: Turkey, Ham; Variety of Cheeses; Whole Grain Bread, Wraps; Shredded Romaine Lettuce; Sliced Tomatoes; Red Pepper, Cucumber, Onion				
	Turkey Ham & Cheese Sandwich	Cheesy WG Wrap	Tuna Salad WG Wrap	Chicken Ranch Wrap	Chicken Caesar Salad Wrap
 Outback Deli	Deli Chef Salad Fruit Yoqurt Parfait w/ Granola	Ham & Cheese Sandwich Fruit Yoqurt Parfait w/ Granola	Deli Chef Salad Fruit Yoqurt Parfait w/ Granola	Ham & Cheese Sandwich Fruit Yoqurt Parfait w/ Granola	Grilled Chicken Caesar Salad Fruit Yoqurt Parfait w/ Granola
 LIVE! LOCAL! FRESH!	Vegetarian Baked Beans Romaine & Spinach Salad Assorted Chilled Fruit Assorted Fresh Fruit Power Peas	Marinated Tomato & Cucumber Salad Fresh Celery Sticks Assorted Chilled Fruit Assorted Fresh Fruit	Homemade Potato Salad Romaine & Spinach Salad Assorted chilled Fruit Assorted Fresh Fruit Power Peas	Fresh Cherry Tomatoes Fresh Cucmber Coins Assorted Chilled Fruit Assorted Fresh Fruit	Romaine & Spinach Salad Fresh Baby Carrots Assorted Chilled Fruit Assorted Fresh Fruit

**All meals are served at NO CHARGE to ALL Students. Adult Lunch \$3.50  
 Questions? Please call the Food Service Office at (989) 777-7018**







USDA is an equal opportunity provider and employer. Menu subject to change.



## Bridgeport-Spaulling High School

**November 7-11, 2016**

A complete meal includes a choice of entrée (protein and grain), up to 2 servings of vegetables, 2 servings of fruit, and a choice of milk. Milk choices include skim white and skim chocolate. In addition to the vegetables and fruits offered on our serving line stations, a daily hot & cold vegetable and fruit bar is available daily. We feature a variety of vegetables and fruits on the bar including Michigan-grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable	Mashed Potato Chicken Bowl Seasoned Corn WG Dinner Roll Fresh Parsley	Classic Hamburg on WG Bun with Sliced Tomatoes Fresh Lettuce Sliced onions Seasoned Broccoli	BBQ Beef Riblet on WG Bun Savory Green Beans	Dutch Pot Pie Chicken, Veggies and gravy baked with Crust Fresh Baked WG Biscuit	Turkey Nachos Shredded Cheddar Cheese Chopped Lettuce Salsa
 Grab n' Snack!	Crispy Fish Sandwich Hamburg on WG Bun Spicy Chicken Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Crispy Chicken Patty Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Crispy Chicken Patty Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Spicy Chicken Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Crispy Chicken Patty Sandwich
Fresh Romaine Lettuce & Tomato Available Daily					
 Crust & Stuff	Cheese Stuffed Bosco Sticks w/ Marinara Sauce  Cheese Pizza	Pepperoni Pizza  Cheese Pizza	Hawaiian Pizza  Cheese Pizza	Cheese Stuffed Bosco Sticks w/ Marinara Sauce  Cheese Pizza	Meat Lovers Pizza  Cheese Pizza
 Cold Sandwiches Made Fresh Your Way	Available Daily: Turkey, Ham; Variety of Cheeses; Whole Grain Bread, Wraps; Shredded Romaine Lettuce; Sliced Tomatoes; Red Pepper, Cucumber, Onion				
	Tukey Ham & Chse Sand	Chicken Caesar Salad Wrap	Tuna Salad WG Wrap	Ham & Cheese Sadwich	Chicken Caesar Salad Wrap
 Outtakes	Deli Chef Salad Fruit Yoqurt Parfait w/ Granola Vegetarian Baked Beans	Turkey & Cheese Sandwich Fruit Yoqurt Parfait w/ Granola Marinated Tomato & Cucumber Salad	Deli Chef Salad Fruit Yoqurt Parfait w/ Granola Homemade Potato Salad	Ham & Cheese Sandwich Fruit Yoqurt Parfait w/ Granola Macaroni & Vegetable Salad	Grilled Chicken Caesar Salad Fruit Yoqurt Parfait w/ Granola Romaine & Spinach Salad
 Cold Fruit & Vegetable Bar Offered Daily	Fresh Celery Sticks Assorted Chilled Fruit Assorted Fresh Fruit	Fresh Celery Sticks Assorted Chilled Fruit Assorted Fresh Fruit	Cherry Tomatoes Cinnamon Apples Assorted Fresh Fruit	Dark Green Salad Mix Assorted Chilled Fruit Assorted Fresh Fruit	Fresh Baby Carrots Assorted Chilled Fruit Assorted Fresh Fruit
	Power Peas		Power Peas		

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## Bridgeport-Spaulling High School

**November 14 - 18, 2016**

A complete meal includes a choice of entrée (protein and grain), up to 2 servings of vegetables, 2 servings of fruit, and a choice of milk. Milk choices include skim white and skim chocolate. In addition to the vegetables and fruits offered on our serving line stations, a daily hot & cold vegetable and fruit bar is available daily. We feature a variety of vegetables and fruits on the bar including Michigan-grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday	
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl  	Savory Sweet & Sour Chicken Steamed Seasoned Brown Rice WG Dinner Roll	Italian Seasoned Fajita Chicken Soft Flour Tortilla Sautéed Peppers & Onions Shredded Cheddar Cheese	Grilled Cheese Sandwich, Campbells Tomato Soup Steamed Broccoli Florets	Hot Dog on WG Bun Creamy Cheddar Cheese Sauce Diced Onions BBQ Baked Beans	Wg Chicken Nuggets Savory Green Beans WG Dinner Roll Sweet Potato Puffs	
	Crispy Fish Sandwich  Hamburg on WG Bun  Spicy Chicken Sandwich	Crispy Fish Sandwich  Classic American Cheeseburger  Crispy Chicken Patty Sandwich	Crispy Fish Sandwich  Classic American Cheeseburger  Crispy Chicken Patty Sandwich	Crispy Fish Sandwich  Classic American Cheeseburger  Spicy Chicken Sandwich	Crispy Fish Sandwich  Classic American Cheeseburger  Spicy Chicken Sandwich	Crispy Fish Sandwich  Classic American Cheeseburger  Crispy Chicken Patty Sandwich
	Fresh Romaine Lettuce & Tomato Available Daily					
	Bacon Cheeseburger Pizza  Cheese Pizza	Pepperoni Pizza  Cheese Pizza	Hawaiian Pizza  Cheese Pizza	Cheese Stuffed Bosco Sticks w/ Marinara Sauce  Cheese Pizza	Meat Lovers Pizza  Cheese Pizza	
	Available Daily: Turkey, Ham; Variety of Cheeses; Whole Grain Bread, Wraps; Shredded Romaine Lettuce; Sliced Tomatoes; Red Pepper, Cucumber, Onion					
	Ham & Cheese Sandwich	Chicken Caesar Salad Wrap	Tuna Salad WG Wrap	Ham & Cheese Sandwich	Chicken Caesar Salad Wrap	
	Ham & Turkey Chef Salad	Turkey & Cheese Sandwich	Chicken & Cheese Chef Salad	Ham & Cheese Sandwich	Grilled Chicken Caesar Salad	
 	Fruit Yoqurt Parfait w/ Granola Baked Beans Baby Carrots Assorted Chilled Fruit Assorted Fresh Fruit	Fruit Yoqurt Parfait w/ Granola Marinated Tomato & Cucumber Salad Fresh Celery Sticks Assorted Chilled Fruit Assorted Fresh Fruit	Fruit Yoqurt Parfait w/ Granola Homemade Potato Salad Romaine & Spinach Salad Cinnamon Apples Assorted Fresh Fruit	Fruit Yoqurt Parfait w/ Granola Macaroni & Veggie Pasta Salad Fresh Cherry Tomatoes Assorted Chilled Fruit Assorted Fresh Fruit	Fruit Yoqurt Parfait w/ Granola Romaine & Spinach Salad Fresh Baby Carrots Assorted Chilled Fruit Assorted Fresh Fruit	
	Cold Fruit & Vegetable Bar Offered Daily					

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## Bridgeport-Spaulling High School

## November 21 - 25, 2016

A complete meal includes a choice of entrée (protein and grain), up to 2 servings of vegetables, 2 servings of fruit, and a choice of milk. Milk choices include skim white and skim chocolate. In addition to the vegetables and fruits offered on our serving line stations, a daily hot & cold vegetable and fruit bar is available daily. We feature a variety of vegetables and fruits on the bar including Michigan-grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>THANKSGIVING FEAST</b> Turkey & Gravy Mashed Potatoes Cranberry Sauce Seasoned Corn Warm Dinner Roll	Homemade Beef & Bean Chili Shredded Cheese Fresh Baked WG Biscuit	Mashed Potato Chicken Bowl Chicken Gravy WG Dinner Roll	Chili Cheese Hot dog Shredded Cheddar Cheese Oven Baked Potato Wedges Savory Green Beans	Chicken Taco Soft Flour Tortilla Fresh Salsa Mexican Style Pinto Beans Savory Green Beans
	 Grab & Stack! Crispy Fish Sandwich Hamburg WG Bun Spicy Chicken Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Crispy Chicken Patty Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Crispy Chicken Patty Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Crispy Chicken Patty Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Spicy Chicken Sandwich
Fresh Romaine Lettuce & Tomato Available Daily					
 Crust & Stuff	Bacon Cheeseburger Classic Cheese Pizza	Pepperoni Pizza Classic Cheese Pizza	Hawaiian Pizza Classic Cheese Pizza	Cheese Stuffed Bosco Sticks w/ Marinara Sauce Classic Cheese Pizza	Meatlover's Pizza Classic Cheese Pizza
	 Cold Sandwiches Made Fresh Your Way	Available Daily: Turkey, Ham; Variety of Cheeses; Whole Grain Bread, Wraps; Shredded Romaine Lettuce; Sliced Tomatoes; Red Pepper, Cucumber, Onion Ham & Cheese Sandwich	Chicken Caesar salad Wrap	Tuna Salad WG Wrap	Ham & Cheese Sandwich
 Outtakes	Ham & Turkey Chef Salad	Turkey & Cheese Sandwich	Chicken & Chesse chf Squalad	Turkey Ham & Cheese Sandwich	Grilled Chicken Caesar Salad
 Cold Fruit & Vegetable Bar Offered Daily	Fruit Yoqurt Parfait w/ Granola Vegetarian Baked Beans Baby Carrots Assorted Chilled Fruit Assorted Fresh Fruit Seasoned Peas	Fruit Yoqurt Parfait w/ Granola Marinated Tomato & Cucumber Salad Fresh Celery Sticks Assorted Chilled Fruit Assorted Fresh Fruit	Fruit Yoqurt Parfait w/ Granola Homemade Potato Salad Romaine & Spinach Salad Assorted Chilled Fruit Assorted Fresh Fruit	Fruit Yoqurt Parfait w/ Granola Macaroni & Vegetable Pasta Salad Fresh Cherry Tomatoes Assorted Chilled Fruit Assorted Fresh Fruit	Fruit Yoqurt Parfait w/ Granola Romaine & Spinach Salad Fresh Baby Carrots Assorted Chilled Fruit Assorted Fresh Fruit

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## Bridgeport-Spaulling High School

**November 28 - 30, 2016**

A complete meal includes a choice of entrée (protein and grain), up to 2 servings of vegetables, 2 servings of fruit, and a choice of milk. Milk choices include skim white and skim chocolate. In addition to the vegetables and fruits offered on our serving line stations, a daily hot & cold vegetable and fruit bar is available daily. We feature a variety of vegetables and fruits on the bar including Michigan-grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	The Perfect Sloppy Joe on WG Bun Baked Crinkle Fries	Seasoned Beef Taco on WG Tortilla Shredded Lettuce Cheese Salsa	Cheeseburger on WG Bun Seasoned Baked Fries Roasted Seasoned Green		
	 Crispy Fish Sandwich Hamburg on WG Bun Spicy Chicken Sandwich	Crispy Fish Sandwich Classic American Cheeseburger Cheeseburger on WG Bun	Crispy Fish Sandwich Classic American Cheeseburger	Crispy Fish Sandwich Classic American Cheeseburger Breaded Chicken Sandwich	
Fresh Romaine Lettuce & Tomato Available Daily					
	Pepperoni Pizza Cheese Pizza	Pepperoni Pizza Cheese Pizza	Hawaiian Pizza Cheese Pizza		
 Cold Sandwiches Made Fresh Your Way Student Price: \$3.75	Available Daily: Turkey, Ham; Variety of Cheeses; Whole Grain Bread, Wraps; Shredded Romaine Lettuce; Sliced Tomatoes; Red Pepper, Cucumber, Onion  Turkey Ham & Cheese Sandwich	Cheesy WG Wrap	Tuna Salad WG Wrap		
	Deli Chef Salad Fruit Yogurt Parfait w/ Granola	Ham & Cheese Sandwich Fruit Yogurt Parfait w/ Granola	Deli Chef Salad Fruit Yogurt Parfait w/ Granola	Fruit Yogurt Parfait w/ Granola	Fruit Yogurt Parfait w/ Granola
 Cold Fruit & Vegetable Bar Offered Daily	Vegetarian Baked Beans Romaine & Spinach Salad Assorted Chilled Fruit Assorted Fresh Fruit Power Peas	Marinated Tomato & Cucumber Salad Fresh Celery Sticks Assorted Chilled Fruit Assorted Fresh Fruit	Homemade Potato Salad Romaine & Spinach Salad Assorted chilled Fruit Assorted Fresh Fruit Power Peas		

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