

February,

# Distinctive College Prep Redford

February,



Monday



Tuesday



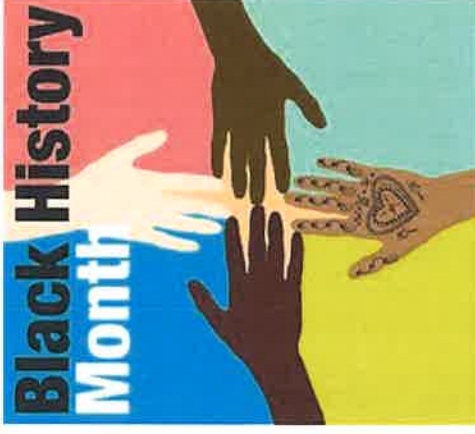
Wednesday



Thursday



Friday



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WG Pizza Slice(31)	Hot Philly Steak & Cheese Sub(33)	Chicken Fajita Sub on WG Bun(33)	Chicken Fries w/ BBQ Sauce and WG Goldfish(33)	Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(64)	Meatballs & Gravy with WW Dinner Roll(22)	Meatballs & Gravy with WW Dinner Roll(22)	Meatballs & Gravy with WW Dinner Roll(22)	Meatballs & Gravy with WW Dinner Roll(22)	Meatballs & Gravy with WW Dinner Roll(22)	Meatballs & Gravy with WW Dinner Roll(22)	Meatballs & Gravy with WW Dinner Roll(22)
Romaine w/ Dressing(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Potato Wedges(26) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Baked Beans(39) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Baked Beans(39) Fruit mix(17) 1% White or FF Flavored Milk(19)	Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)
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WG Pizza Slice(31)	Classic Cheeseburger on WW Bun(29)	Classic Cheeseburger on WW Bun(29)	Chicken Strips w/ WG Goldfish Crackers(31)	Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(63)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)
Baby Carrots w/ Ranch(7) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Diced Potatoes(20) Fruit mix(17) 1% White or FF Flavored Milk(19)	Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)
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No School	No School	No School	Chicken Strips w/ WG Goldfish Crackers(31)	Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(63)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)	Chicken & Bean Burrito with WW Tortilla (36)
517:1068:74 25	808:1688:106 26	808:1688:106 26	666:878:79 20	679:1208:106 21	463:811:66 15	463:811:66 15	463:811:66 15	463:811:66 15	463:811:66 15	463:811:66 15	463:811:66 15
Fresh Broccoli & Ranch Dressing(4) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Diced Potatoes(20) Fruit mix(17) 1% White or FF Flavored Milk(19)	Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)	Sweet & Sour Chicken over Brown Rice w/WW Dinner D...rice)

## Thought for Thought

We are all travellers in the wilderness of this world, and the best we can find in our travels is an honest friend. - Robert Louis Stevenson

## Tips & Information

1/31/2019 11:38:58 AM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:607 AvgSod(mg):1153 AvgCarbs(g):85  
 "or." = An alternative selection to choose. "WG"=Whole Grain  
 1% White & Fat Free Chocolate Milk available daily.

## \*\*Menu Subject to Change\*\*

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