



The Wolverine Deli & Salad Bars and freshly prepared soup are available daily.



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

Tuesday

Wednesday

Thursday

Friday

3

NO LUNCH

4

NO LUNCH

5

NO LUNCH

6

NO LUNCH

7

NO LUNCH

10

Popcorn Fish
Sloppy Lentil Joe
Rice Pilaf
Cole Slaw
Butterscotch Pudding

11

Chicken & Waffles
Crunchy Quinoa Kale Salad
Hashbrown Casserole
Baked Apples

12

Meatball Sub
Roasted Eggplant Pasta
Vegetable Medley
Orange Wedges
Brownie

13

Shepherd's Pie
Cheesy Pretzel Stick
Seasoned Broccoli
BBQ Roasted Chickpeas
Sugar Cookie

14

Stuffed Crust Cheese Pizza
Grilled Chicken
Caesar Salad
Breadstick
Banana Bread

17

Mini Corn Dogs
Roasted Veggie Sub
Couscous Salad
Seasoned Green Beans
Chocolate Pudding

18

Taco Tuesday →
Beef or Bean
Tortilla Chips & Cheese
Mixed Veggies
Churro

19

Crunchy Fish Sticks
Sesame Tofu
Mac & Cheese
Cole Slaw
Chocolate Chip Cookie

20

Buffalo Chicken Pasta
Cheese-Filled Breadstick
Sugar Snap Peas
Grapefruit Wedge
Vanilla Pudding

21

Flame Broiled Beef Burger
Gardenburger
Smiley Fries
Seasoned Broccoli
Carrot Cake

24

Penne Pasta
Marinara Sauce or Meatballs
Vegetable Medley
Fresh Melon
Cherry Crisp

25

Popcorn Chicken
Roasted Red Pepper Pasta
Garlic Bread
Caesar Salad
Banana Bread

26

Italian Sausage
Cheesy Pretzel Stick
Fire-Roasted Peppers & Onions
Seasoned Green Beans
Jello

27

Country Fried Steak
Crunchy Quinoa Kale Salad
Mashed Potatoes & Gravy
Mixed Veggies
Chocolate Éclair Cake

28

Yummy Butter Chicken
Vegan Dal
Basmati Rice
Roasted Cauliflower
Sugar Cookie

