

**Hazel Park Schools**

**November Ford Menu**

**Breakfast and Lunch are FREE for Students**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Food Focus: Cranberries Did you know that Cranberries are packed with****Vitamin C, Fiber and Antioxidants!****They are 90% water.****Pockets of air inside help them to bounce and float.****They are great for fighting off infections.** | **1*****1/2 Day******Meal Service*** |
| 4Macaroni & CheeseWG BreadstickPotato SmilesFruit & Vegetable BarTossed SaladFresh Baby CarrotsGarbanzo BeansChilled Diced PearsFresh Whole Fruit | 5Tater TotsTaco Meat, Cheese, & WG BreadstickSteamed CornFruit & Vegetable BarTossed SaladBroccoli FloretsCelery SticksChilled Fruit CocktailFresh Whole Fruit | 6Chicken TendersWG Dinner RollGreen BeansFruit & Vegetable BarTossed SaladBroccoli FloretsCelery SticksChilled PineappleFresh Whole Fruit | 7Sloppy JoeHashbrown StarzFruit & Vegetable BarTossed SaladFresh Baby CarrotsCelery SticksChilled PeachesFresh Whole Fruit  | 8Classic Pepperoni PizzaSteamed BroccoliFruit & Vegetable BarTossed SaladPower PeasCherry TomatoesChilled Fruit CocktailFresh Whole Fruit |
| 11Cheese Lasagna Roll UpWG BreadstickSavory Green BeansFruit & Vegetable BarTossed SaladFresh Baby CarrotsGarbanzo BeansChilled Diced PearsFresh Whole Fruit | 12Cheese Quesadilla w/SalsaSteamed CornFruit & Vegetable BarTossed SaladBroccoli FloretsCelery SticksChilled Fruit CocktailFresh Whole Fruit  | 13***1/2 Day******Meal Service*** | 14Popcorn Chicken w/WG Dinner RollPotato SmilesFruit & Vegetable BarTossed SaladFresh Baby CarrotsCelery SticksChilled PeachesFresh Whole Fruit  |  15Classic Pepperoni PizzaSteamed BroccoliFruit & Vegetable BarTossed SaladPower PeasCherry TomatoesChilled Fruit CocktailFresh Whole Fruit |
|  18Cinnamon French Toast Sticks w/SyrupSausage LinkPotato SmilesFruit & Vegetable BarTossed SaladFresh Baby CarrotsGarbanzo BeansChilled Diced PearsFresh Whole Fruit |  19***1/2 Day******Meal Service*** | 20***1/2 Day******Meal Service*** | 21 BBQ Chicken Drumstick w/WG Dinner RollSavory Green BeansFruit & Vegetable BarTossed SaladFresh Baby CarrotsCelery SticksChilled PeachesFresh Whole Fruit  |  22Classic Pepperoni PizzaSteamed BroccoliFruit & Vegetable BarTossed SaladPower PeasCherry TomatoesChilled Fruit CocktailFresh Whole Fruit |
|  25Mini Turkey Corn DogsWG Dinner RollHashbrown StarzFruit & Vegetable BarTossed SaladFresh Baby CarrotsGarbanzo BeansChilled Diced PearsFresh Whole Fruit |  26Walking TacosWG BreadstickSteamed CornFruit & Vegetable BarTossed SaladBroccoli FloretsCelery SticksChilled Fruit CocktailFresh Whole Fruit |  27***No School*** |  28***No School******Happy Thanksgiving*** | 29  |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Crispy Chicken Sandwich** | **Whole Grain Chicken Nuggets w/WG Dinner Roll** | **Turkey Hot Dog on a WG Bun** | **Cheeseburger on a WG Bun** | **Cheese Pizza** |

***Available Everyday: Italian Sub, Cheeseburger, Pizza, Pizza Crunchers, & Chicken Sandwich***

A full student lunch includes a choice of entrée supplying protein, milk, grain, vegetable and fruit side dishes

Milk Choices include: Flavored and unflavored skim milk & 1% white

**Every student must receive a full serving (1/2 Cup) of FRUIT or VEGETABLE to qualify for a reimbursable meal.**

**Any questions contact Marsha Dziewit at (248)658-5995 or marsha.dziewit@hazelparkschools.org**