

**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*** |
| 4  Macaroni & Cheese  WG Breadstick  Potato Smiles  Fruit & Vegetable Bar  Tossed Salad  Fresh Baby Carrots  Garbanzo Beans  Chilled Diced Pears  Fresh Whole Fruit | 5  Tater Tots  Taco Meat, Cheese, & WG Breadstick  Steamed Corn  Fruit & Vegetable Bar  Tossed Salad  Broccoli Florets  Celery Sticks  Chilled Fruit Cocktail  Fresh Whole Fruit | 6  Chicken Tenders  WG Dinner Roll  Green Beans  Fruit & Vegetable Bar  Tossed Salad  Broccoli Florets  Celery Sticks  Chilled Pineapple  Fresh Whole Fruit | 7  Sloppy Joe  Hashbrown Starz  Fruit & Vegetable Bar  Tossed Salad  Fresh Baby Carrots  Celery Sticks  Chilled Peaches  Fresh Whole Fruit | 8  Classic Pepperoni Pizza  Steamed Broccoli  Fruit & Vegetable Bar  Tossed Salad  Power Peas  Cherry Tomatoes  Chilled Fruit Cocktail  Fresh Whole Fruit |
| 11  Cheese Lasagna Roll Up  WG Breadstick  Savory Green Beans  Fruit & Vegetable Bar  Tossed Salad  Fresh Baby Carrots  Garbanzo Beans  Chilled Diced Pears  Fresh Whole Fruit | 12  Cheese Quesadilla w/Salsa  Steamed Corn  Fruit & Vegetable Bar  Tossed Salad  Broccoli Florets  Celery Sticks  Chilled Fruit Cocktail  Fresh Whole Fruit | 13  ***1/2 Day***  ***Meal Service*** | 14  Popcorn Chicken w/WG Dinner Roll  Potato Smiles  Fruit & Vegetable Bar  Tossed Salad  Fresh Baby Carrots  Celery Sticks  Chilled Peaches  Fresh Whole Fruit | 15  Classic Pepperoni Pizza  Steamed Broccoli  Fruit & Vegetable Bar  Tossed Salad  Power Peas  Cherry Tomatoes  Chilled Fruit Cocktail  Fresh Whole Fruit |
| 18  Cinnamon French Toast Sticks w/Syrup  Sausage Link  Potato Smiles  Fruit & Vegetable Bar  Tossed Salad  Fresh Baby Carrots  Garbanzo Beans  Chilled Diced Pears  Fresh Whole Fruit | 19  ***1/2 Day***  ***Meal Service*** | 20  ***1/2 Day***  ***Meal Service*** | 21  BBQ Chicken Drumstick w/  WG Dinner Roll  Savory Green Beans  Fruit & Vegetable Bar  Tossed Salad  Fresh Baby Carrots  Celery Sticks  Chilled Peaches  Fresh Whole Fruit | 22  Classic Pepperoni Pizza  Steamed Broccoli  Fruit & Vegetable Bar  Tossed Salad  Power Peas  Cherry Tomatoes  Chilled Fruit Cocktail  Fresh Whole Fruit |
| 25  Mini Turkey Corn Dogs  WG Dinner Roll  Hashbrown Starz  Fruit & Vegetable Bar  Tossed Salad  Fresh Baby Carrots  Garbanzo Beans  Chilled Diced Pears  Fresh Whole Fruit | 26  Walking Tacos  WG Breadstick  Steamed Corn  Fruit & Vegetable Bar  Tossed Salad  Broccoli Florets  Celery Sticks  Chilled Fruit Cocktail  Fresh 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**