Power Your Performance
October 21-25 2019

POWERUP!

Discovery KITCHEN

Marlette Jr/Sr High School

Price: $2.95, $0.40 reduced*, free* (*if qualified)
Lunch includes choice of entrée supplying protein and grain, fruit, and vegetable side dishes, and choice of milk.

	Monday	Tuesday	Wednesday	Thursday	Friday
AMERICAN CLASSICS	Sweet & Sour Chicken Brown Rice Oriental Vegetables Dinner Roll	Soft Beef Taco or Nachos Refried Beans Black Bean & Corn Salad	Popcorn Chicken Mashed Potatoes & Chicken Gravy Steamed Corn Warm Biscuit	Turkey & Ham Sandwich Bar Choice of Cheese Vegetable Toppings Green Beans	Macaroni & Cheese BBQ Pork Patty on a Bun Baked Beans Warm Cinnamon Apples
Cheese Pizza Available Daily					
2mato	French Bread Pizza	BBQ Chicken Pizza	Italian Sausage Pizza	Veggie Pizza	Meat Lover's Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
grilled	Mini Turkey Corn Dogs Crispy Chicken Sandwich Potato Wedges	Chicken Tenders w/ Dinner Roll Hot Dog on a Bun Tater Tots	Bacon Cheeseburger Spicy Chicken Sandwich Seasoned Curly Fries	Fish Sandwich Crispy Chicken Sandwich Crinkle Fries	Chicken Nuggets w/ Dinner Roll Cheeseburger on a Bun Waffle Fries
SO DELI	*Daily Sandwich Special*				
	All Bread is Whole Grain				
	Ham & Cheese Wrap	Turkey & Cheese Sub	Turkey BLT Wrap	Chicken Ranch Wrap	Turkey & Cheese Sub
All Salads Served with a Dinner Roll					
ON THE GO	Crispy Chicken Salad	Chicken BLT Salad	Chicken Caesar Salad	Popcorn Chicken Salad	BBQ Chicken Salad
	Fruit/Yogurt Parfait with Granola	Fruit/Yogurt Parfait with Granola	Fruit/Yogurt Parfait with Granola	Fruit/Yogurt Parfait with Granola	Fruit/Yogurt Parfait with Granola
extra extra	Lettuce Salad Cherry Tomatoes Baby Carrots Celery Sticks 100% Fruit Juice Cup Fresh Fruit	Lettuce Salad Sliced Cucumbers Broccoli Florets Cauliflower Florets Red Seedless Grapes Fresh Fruit	Lettuce Salad Creamy Coleslaw Celery Sticks Cherry Tomatoes Chilled Applesauce Fresh Fruit	Lettuce Salad Baby Carrots Broccoli Florets Creamy Coleslaw Orange Wedges Chilled Peaches Fresh Fruit	Lettuce Salad Baby Carrots Cauliflower Florets Sliced Cucumbers Diced Peaches Fresh Fruit

USDA is an equal opportunity employer and provider. ***Menu subject to change without notice.***
Questions or Comments? Please call Stacy Moyer, Food Service Director at 989-635-7425 ext. 44902