



Dearborn SY22/23 K-12 Breakfast Breakfast

Dearborn Public School

Mon	Tue	Wed	Thu	Fri
1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023
Breakfast Entrée Delicious Cinnamon Bun Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Chex Cereal w/ Graham Crackers Fruit 100% Apple Juice Cup Fresh Pear Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc. Maple Syrup Cup	Zucchini Bread Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Chex Cereal w/ Graham Crackers Fruit Fresh Orange 100% Fruit Punch Cup Milk	Breakfast Entrée Fluffy French Toast Sticks Cinnamon Toast Crunch w/ Toast Cocoa Puffs Cereal w/ Toast Chex Cereal w/ Graham Crackers Fruit 100% Orange Juice Cup Fresh Pear Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local Misc. Maple Syrup Cup	Breakfast Entrée Chocolate Chip Banana Loaf Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Chex Cereal w/ Graham Crackers Fruit Fresh Orange 100% Grape Juice Cup Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local Misc. Maple Syrup Cup	Breakfast Entrée Scrambled Eggs w/ Cheese & Buttery Biscuit Cinnamon Toast Crunch w/ Toast Cocoa Puffs Cereal w/ Toast Chex Cereal w/ Graham Crackers Fruit 100% Apple Juice Cup Fresh Apple Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local Misc. Maple Syrup Cup
2/6/2023	2/7/2023	2/8/2023	2/9/2023	2/10/2023
Breakfast Entrée Fluffy Pancakes Cinnamon Toast Crunch w/ Toast Cocoa Puffs Cereal w/ Toast Chex Cereal w/ Graham Crackers Fruit Fresh Orange 100% Fruit Punch Cup Milk	Strawberry Breakfast Bar W/Graham Crackers Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Chex Cereal w/ Graham Crackers Fruit	Sandwich Cinnamon Toast Crunch w/ Toast Cocoa Puffs Cereal w/ Toast Chex Cereal w/ Graham Crackers Fruit 100% Grape Juice Cup Fresh Pear	Breakfast Entrée Whole Grain Bagel Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Chex Cereal w/ Graham Crackers Fruit Fresh Banana	Breakfast Entrée Zatar w/ Cheese on Pita Bread Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Chex Cereal w/ Graham Crackers Fruit Fresh Apple
Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Fresh Grapes	Milk Fat Free Chocolate Milk Local	100% Apple Juice Cup Milk	100% Fruit Punch Cup Milk
Misc. Maple Syrup Cup	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local Misc. Maple Syrup Cup	1% Low Fat White Milk Local Misc. Maple Syrup Cup	Fat Free Chocolate Milk Local 1% Low Fat White Milk Local Misc. Cream Cheese Cup Jelly Packet	Fat Free Chocolate Milk Local 1% Low Fat White Milk Local





Mon	Tue	Wed	Thu	Fri
2/13/2023	2/14/2023	2/15/2023	2/16/2023	2/17/2023
Breakfast Entrée Blueberry Parfait w/ Granola Cinnamon Toast Crunch Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Fruit 100% Orange Juice Cup Fresh Grapes Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Breakfast Entrée Scrambled Eggs w/ Cheese & Buttery English Muffin Cinnamon Toast Crunch w/ Toast Cheerios Cereal w/ Buttery Toast Cocoa Puffs Cereal w/ Graham Crackers Fruit 100% Grape Juice Cup Fresh Apple Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Delicious Blueberry Muffin Cinnamon Toast Crunch Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Fruit 100% Apple Juice Cup Sliced Strawberries Milk	Breakfast Entrée Fluffy Pancakes Cinnamon Toast Crunch w/ Toast Cheerios Cereal w/ Buttery Toast Cocoa Puffs Cereal w/ Graham Crackers Fruit Spiced Apple Topping 100% Fruit Punch Cup Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local Misc. Maple Syrup Cup	
2/20/2023	2/21/2023	2/22/2023	2/23/2023	2/24/2023
	Breakfast Entrée Banana Chocolate Chip Oatmeal Round Cinnamon Toast Crunch Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Fruit 100% Orange Juice Cup Fresh Grapes Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Fluffy Belgian Waffle Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Cheerios Cereal w/ Graham	Breakfast Entrée Mandarin Orange Parfait w/ Granola Cinnamon Toast Crunch w/ Toast Cocoa Puffs Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers Fruit 100% Apple Juice Cup Fresh Grapes Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Breakfast Entrée Zatar w/ Cheese on Pita Bread Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers Fruit 100% Fruit Punch Cup Fresh Orange Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local





Mon	Tue	Wed	Thu	Fri
2/27/2023	2/28/2023	3/1/2023	3/2/2023	3/3/2023
Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée
Egg & Cheese English Muffin Sandwich Cinnamon Toast Crunch w/ Toast Cocoa Puffs Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers	Fluffy Banana Muffin Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Trix Cereal w/ Graham Crackers Fruit	Fluffy French Toast Sticks Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Trix Cereal w/ Graham Crackers Fruit	Scrambled Eggs w/ Biscuit Cinnamon Toast Crunch w/ Toast Cocoa Puffs Cereal w/ Toast Trix Cereal w/ Graham Crackers Fruit 100% Fruit Punch Cup Fresh Orange	Vanilla Yogurt Cup w/Graham Crackers Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Trix Cereal w/ Graham Crackers
Fruit	Fresh Apple	100% Apple Juice Cup	Milk	Fruit
Fresh Grapes 100% Orange Juice Cup	100% Grape Juice Cup Milk	Fresh Pear Milk	1% Low Fat White Milk Local Fat Free Chocolate Milk Local	100% Orange Juice Cup Fresh Grapes
Milk	1% Low Fat White Milk Local	1% Low Fat White Milk Local		Milk
1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Fat Free Chocolate Milk Local Misc. Maple Syrup Cup	Fat Free Chocolate Milk Local		1% Low Fat White Milk Local Fat Free Chocolate Milk Local





Dearborn SY 22/23 K-5 Lunch Lunch

Dearborn Public School

Mon	Tue	Wed	Thu	Fri
1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023
Lunch Entrée	Lunch Entrée	Lunch Entrée	Lunch Entrée	Lunch Entrée
Breaded Fish Sticks Mandarin Orange Parfait w/ Graham	Cheese Stuffed Sticks Turkey & Cheese Wrap	Halal Hamburger Hummus & Pita Bread	Halal Pepperoni Pizza Cat in the Hat Strawberry Yogurt	Halal Chicken Nuggets w/Roll Turkey & Cheese Sandwich
Crackers and String Cheese	Vegetables	Vegetables	Parfait	Vegetables
Vegetables Seasoned Potato Wedges 10-Cut Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Steamed Baby Carrots Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Fruit	Vegetarian Baked Beans Creamy Coleslaw Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Vegetables Steamed Corn Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Steamed Corn Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Fruit
Fruit	Fresh Apple	Fruit	Fruit	Fresh Banana
Sweet Diced Peaches	Diced Pears	Fresh Orange Slices	Fresh Apple	Sliced Peaches
Fresh Orange	Milk	Cinnamon Applesauce	Juicy Pineapple Tidbits	Milk
Milk	1% Low Fat White Milk Local	Milk	Milk	1% Low Fat White Milk Local
1% Low Fat White Milk Local	Fat Free Chocolate Milk Local	1% Low Fat White Milk Local	1% Low Fat White Milk Local	Fat Free Chocolate Milk Local
Fat Free Chocolate Milk Local	Misc.	Fat Free Chocolate Milk Local	Fat Free Chocolate Milk Local	Misc.
Misc. Ketchup Dispenser Mayo Dispenser Mustard Dispenser Ranch Dispenser Condiments Tartar Sauce	Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	Misc. Ketchup Dispenser Mayo Dispenser Mustard Dispenser Ranch Dispenser	Misc. Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	Ketchup Dispenser Mayo Dispenser Mustard Dispenser Ranch Dispenser





Mon	Tue	Wed	Thu	Fri
2/6/2023	2/7/2023	2/8/2023	2/9/2023	2/10/2023
Lunch Entrée	Lunch Entrée	Lunch Entrée	Lunch Entrée	Lunch Entrée
Creamy Macaroni & Cheese Halal Crispy Chicken Wrap Vegetables	French Toast Sticks Blueberry Parfait w/ Graham Crackers and String Cheese	Spaghetti with Halal Italian Style Beef & Pomodoro Sauce Sunbutter & Jelly Sandwich w/ String	Delicious Cheese Pizza Tuna Salad on Mixed Greens Vegetables	Cheese Stuffed Sticks Halal Buffalo Ranch Chicken Salad w/Roll
Peppered Broccoli Florets Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Fruit	Vegetables Hash Brown Tater Bucks Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Cheese Vegetables Sliced Carrots Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks	Spiced Green Beans Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Garbanzo Beans	Vegetables Steamed Corn INACTIVE Fresh Romaine Leaf & Spinach Salad Mix Fresh Baby Carrots Fresh Broccoli Florets Black Olives
Fresh Pear	Fruit	1	Fruit Fresh Apple	Fresh-Cut Cucumber Slices Fresh Cauliflower
Juicy Mandarin Oranges Milk	Fresh Apple Juicy Pineapple Tidbits	Juicy Mandarin Oranges	Diced Pears	Fruit
1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Milk 1% Low Fat White Milk Local	Fresh Apple Milk	Milk 1% Low Fat White Milk Local	Applesauce Cup Fresh Grapes
Misc.	Fat Free Chocolate Milk Local	1% Low Fat White Milk Local	Fat Free Chocolate Milk Local	Milk
Ketchup Dispenser Mayo Dispenser Mustard Dispenser	Misc. Ketchup Dispenser Mustard Dispenser	Fat Free Chocolate Milk Local Misc. Ketchup Dispenser	Misc. Ketchup Dispenser Mustard Dispenser	1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc.
Ranch Dispenser	Mayo Dispenser Ranch Dispenser Maple Syrup Cup	Mustard Dispenser Mayo Dispenser Ranch Dispenser	Mayo Dispenser Ranch Dispenser	Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser





Tue	Wed	Thu	Fri
2/14/2023	2/15/2023	2/16/2023	2/17/2023
unch Entrée	Lunch Entrée	Lunch Entrée	
Cheese Quesadilla Cat in the Hat Strawberry Yogurt Parfait	Halal Cheeseburger Halal Beef Taco Salad Vegetables	Delicious Cheese Pizza Mediterranean Vegetable Salad Vegetables	
Grain Heartzels Pretzels /egetables Seasoned Mexican Black Beans Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Fresh Lettuce & Spinach Mix Fruit Fresh Grapes Diced Pears Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc. Ketchup Dispenser	Crispy Straight Cut Fries Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Shredded Lettuce, Tomato Slices & Pickles Fruit Juicy Mandarin Oranges Blueberries Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc. Ketchup Dispenser Mustard Dispenser	Steamed Corn Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Fruit Fresh Banana Sliced Peaches Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	
	2/14/2023 unch Entrée Cheese Quesadilla Cat in the Hat Strawberry Yogurt Parfait irain Heartzels Pretzels egetables Seasoned Mexican Black Beans Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Fresh Lettuce & Spinach Mix ruit Fresh Grapes Diced Pears lilk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local lisc.	2/14/20232/15/2023unch EntréeCheese Quesadilla Cat in the Hat Strawberry Yogurt ParfaitLunch EntréeCat in the Hat Strawberry Yogurt ParfaitHalal Cheeseburger Halal Beef Taco SaladVegetablesCrispy Straight Cut Fries Fresh Lettuce & Spinach MixFresh Baby Carrots Fresh Baby Carrots Fresh Celery Sticks Fresh Celery Sticks Fresh Broccoli Florets Fresh Lettuce & Spinach MixFresh Celery Sticks Fresh Broccoli Florets Shredded Lettuce, Tomato Slices & PicklesFresh Grapes Diced PearsJuicy Mandarin Oranges BlueberriesIilk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local Fat Free Chocolate Milk LocalTat Free Chocolate Milk Local Fat Free Chocolate Milk LocalIisc. 	2/14/2023 unch Entrée Cheese Quesadilla Cat in the Hat Strawberry Yogurt Parfait Vegetables Crispy Straight Cut Fries Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh Baby Carrots Fresh Cut Cucumber Slices Fresh Baby Carrots Fresh Baby Carrots Fresh Baby Carrots Fresh Broccoli Florets Fresh Broccoli Florets Fresh Lettuce & Spinach Mix Fresh Broccoli Florets Fresh Broccoli Florets Fresh Grapes Diced Pears Ilik Ilik Ilik Ilik Ilisc. Ketchup Dispenser Mayo Dispenser Mark Mediterranean Vegetable Lunch Entrée Delicious Cheese Pizza Mediterranean Vegetables Vegetables Steamed Corn Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh Celery Sticks Fresh Cucumber Slices Fresh-Cut Cucumber Slices Fresh Cucumber Slices Fresh Catrous Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh Celery Sticks Fresh Broccoli Florets Fresh Cucumber Slices Fresh Catrous Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh Catrous Mix Fresh B





Mon	Tue	Wed	Thu	Fri
2/20/2023	2/21/2023	2/22/2023	2/23/2023	2/24/2023
	Lunch Entrée	Lunch Entrée	Lunch Entrée	Lunch Entrée
	Scrambled Eggs w/Pancakes Blueberry Parfait w/ Graham	Baked Rotini w/Veggies & Breadstick	Delicious Cheese Pizza Veggie Ranch Wrap	Breaded Fish Sticks Veggie Ranch Wrap
	Crackers and String Cheese	Hummus & Pita Bread	Vegetables	Vegetables
	Vegetables Hash Brown Tater Bucks Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Vegetables Italian Veggie Blend Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Steamed Mexicorn Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets Fruit	Zingy Crinkle Fries Homestyle Coleslaw Salad Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets
	Fruit	Garbanzo Beans	Juicy Mandarin Oranges	Fruit
	Sweet Diced Peaches Fresh Apple	Fruit Unsweetened Applesauce	Blueberries Milk	Juicy Pineapple Tidbits Fresh Banana
	Milk	Fresh Pear	1% Low Fat White Milk Local	Milk
	1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc.	Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Fat Free Chocolate Milk Local Misc. Ketchup Dispenser	1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc.
	Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser Maple Syrup Cup	Misc. Ketchup Dispenser Mayo Dispenser Mustard Dispenser Ranch Dispenser	Mustard Dispenser Mayo Dispenser Ranch Dispenser	Ketchup Dispenser Mayo Dispenser Mustard Dispenser Ranch Dispenser Tartar Sauce





Mon	Tue	Wed	Thu	Fri
2/27/2023	2/28/2023	3/1/2023	3/2/2023	3/3/2023
Lunch Entrée	Lunch Entrée	Lunch Entrée	Lunch Entrée	Lunch Entrée
Halal Chicken Nuggets Pita & Veggie Hummus Power Pack	Grande Cheesy Nachos Halal Crispy Chicken Wrap	Halal Beefy Rotini & Breadstick Sun Butter & Grape Jelly Sandwich	Halal Pepperoni Pizza Cat in the Hat Strawberry Yogurt	Fish Patty Sandwich Turkey & Cheese Sandwich
Vegetables	Vegetables	Vegetables	Parfait	Vegetables
Steamed Crinkle Carrots Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Seasoned Mexican Black Beans Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Peppered Broccoli Florets Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets	Vegetables Steamed Corn Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks	Crispy Straight Cut Fries Shredded Lettuce, Tomato Slices & Pickles Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices
Fruit	Fruit	Fruit	Fresh Broccoli Florets	Fresh Celery Sticks
Fresh Apple	Fresh Orange Slices	Diced Strawberries Cup	Fruit	Fresh Broccoli Florets
Sweet Diced Peaches	Mixed Tropical Fruit	Juicy Mandarin Oranges	Fresh Apple	Fruit
Milk	Milk	Milk	Diced Pears	Fresh Banana
1% Low Fat White Milk Local	1% Low Fat White Milk Local	170 LOW 1 at Willto Will Looal	Milk	Unsweetened Applesauce
Fat Free Chocolate Milk Local	Fat Free Chocolate Milk Local	Fat Free Chocolate Milk Local	1% Low Fat White Milk Local	Milk
Misc.		Misc.	Fat Free Chocolate Milk Local	1% Low Fat White Milk Local
Ketchup Dispenser	Ketchup Dispenser	Rotoriap Bioporiooi	Misc.	Fat Free Chocolate Milk Local
Mustard Dispenser Mayo Dispenser Ranch Dispenser	Mustard Dispenser Mayo Dispenser Ranch Dispenser	Mustard Dispenser Mayo Dispenser Ranch Dispenser	Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	Misc. Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser Tartar Sauce

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 1/29/2023, End = 3/4/2023)
Menu Plan	(Dearborn SY22/23 K-12 Breakfast, Dearborn SY 22/23 K-5 Lunch)