


 Dearborn SY22/23 K-12 Breakfast  
 Breakfast

Dearborn Public School

Mon	Tue	Wed	Thu	Fri
4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023
<b>Breakfast Entrée</b> Large Blueberry Muffin Trix Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers <b>Fruit</b> 100% Orange Juice Cup Fresh Pear <b>Milk</b> Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	<b>Breakfast Entrée</b> Fluffy Belgian Waffle Cinnamon Toast Crunch Cereal w/ Graham Crackers Trix Cereal w/ Graham Crackers <b>Fruit</b> 100% Grape Juice Cup Fresh Apple <b>Milk</b> Fat Free Chocolate Milk Local 1% Low Fat White Milk Local <b>Misc.</b> Maple Syrup Cup	<b>Breakfast Entrée</b> Zatar w/ Cheese on Pita Bread Trix Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers <b>Fruit</b> 100% Apple Juice Cup Fresh Grapes <b>Milk</b> Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	<b>Breakfast Entrée</b> Oatmeal Double Chocolate Chip Bar Cinnamon Toast Crunch w/ Toast Trix Cereal w/ Buttery Toast <b>Fruit</b> Fresh Orange 100% Fruit Punch Cup <b>Milk</b> Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	
4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
<b>Breakfast Entrée</b> Fluffy Banana Muffin Cinnamon Toast Crunch Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers <b>Fruit</b> Fresh Apple 100% Orange Juice Cup <b>Milk</b> Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	<b>Breakfast Entrée</b> Cinnamon Raisin Bagel Trix Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers <b>Fruit</b> Fresh Apple 100% Grape Juice Cup <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Cream Cheese Cup Jelly Packet	<b>Breakfast Entrée</b> Strawberry Banana Parfait w/ Granola Trix Cereal Bar w/ Graham Crackers Cinnamon Toast Crunch Cereal w/ Graham Crackers <b>Fruit</b> Fresh Orange 100% Apple Juice Cup <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	<b>Breakfast Entrée</b> Cocoa Puffs Cereal Bar w/ Graham Crackers Cinnamon Toast Crunch Cereal w/ Graham Crackers Trix Cereal w/ Graham Crackers <b>Fruit</b> Fresh Banana 100% Fruit Punch Cup <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	<b>Breakfast Entrée</b> Zatar w/ Cheese on Pita Bread Cheerios Cereal w/ Graham Crackers Trix Cereal w/ Graham Crackers <b>Fruit</b> 100% Orange Juice Cup Blueberries <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local



Mon	Tue	Wed	Thu	Fri
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
<b>Breakfast Entrée</b> Whole Grain Bagel Cinnamon Toast Crunch Cereal w/ Graham Crackers Trix Cereal w/ Graham Crackers	<b>Breakfast Entrée</b> Fluffy Pancakes Cocoa Puffs Cereal w/ Graham Crackers Kix Cereal w/ Graham Crackers	<b>Breakfast Entrée</b> Oatmeal Chocolate Chip Breakfast Round Cocoa Puffs Cereal w/ Toast Cinnamon Toast Crunch Cereal Bar w/Buttery Toast		
<b>Fruit</b> 100% Grape Juice Cup Sweet Diced Peaches	<b>Fruit</b> 100% Apple Juice Cup Sliced Strawberries	<b>Fruit</b> Fresh Apple 100% Fruit Punch Cup		
<b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	<b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	<b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local		
<b>Misc.</b> Cream Cheese Cup	<b>Misc.</b> Maple Syrup Cup			
4/24/2023	4/25/2023	4/26/2023	4/27/2023	4/28/2023
<b>Breakfast Entrée</b> Vanilla Yogurt Cup w/Graham Crackers Cinnamon Toast Crunch Cereal w/ Graham Crackers Apple Cinnamon Cheerios Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers	<b>Breakfast Entrée</b> Large Blueberry Muffin Cheerios Cereal w/ Graham Crackers Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers	<b>Breakfast Entrée</b> Egg & Cheese English Muffin Sandwich Cinnamon Toast Crunch Cereal w/ Graham Crackers Cocoa Puffs Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers	<b>Breakfast Entrée</b> Mini Blueberry Waffles Cocoa Puffs Cereal w/ Graham Crackers Cheerios Cereal w/ Graham Crackers Chex Cereal w/ Graham Crackers	<b>Breakfast Entrée</b> Oatmeal w/ Peaches Cocoa Puffs Cereal w/ Graham Crackers Cinnamon Toast Crunch Cereal Bar w/ Graham Crackers Chex Cereal w/ Graham Crackers
<b>Fruit</b> 100% Orange Juice Cup Fresh Grapes	<b>Fruit</b> Fresh Apple 100% Grape Juice Cup	<b>Fruit</b> Fresh Orange 100% Apple Juice Cup	<b>Fruit</b> Fresh Apple 100% Fruit Punch Cup	<b>Fruit</b> Diced Strawberries Cup 100% Orange Juice Cup
<b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	<b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	<b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	<b>Milk</b> Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	<b>Milk</b> Fat Free Chocolate Milk Local 1% Low Fat White Milk Local
			<b>Misc.</b> Maple Syrup Cup	



Dearborn SY 22/23 K-5 Lunch  
Lunch

Dearborn Public School

Mon	Tue	Wed	Thu	Fri
4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023
<b>Lunch Entrée</b>	<b>Lunch Entrée</b>	<b>Lunch Entrée</b>	<b>Lunch Entrée</b>	
Cheese Stuffed Sticks Mandarin Orange Parfait w/String Cheese & Graham	Fish Sticks w/Roll Cheesy Nachos	Halal Chicken Patty Sandwich Sunbutter & Jelly Sandwich w/ String Cheese	Halal Pepperoni Pizza Veggie Ranch Wrap	
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	
Fresh Steamed Broccoli Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks Fresh Romaine Leaf & Spinach Salad Mix Garbanzo Beans	Zingy Crinkle Fries Fresh Baby Carrots Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Celery Sticks Fresh Romaine Leaf & Spinach Salad Mix	Seasoned 5 Way Mixed Vegetables Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks Shredded Lettuce, Tomato Slices & Pickles	Steamed Corn Fresh Romaine Leaf & Spinach Salad Mix Fresh Baby Carrots Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Celery Sticks	
<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	
Diced Strawberries Cup Fresh Apple	Sweet Mixed Fruit Fresh Orange	Unsweetened Applesauce Fresh Pear	Mixed Tropical Fruit Blueberries	
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	
1% Low Fat White Milk Local Fat Free Chocolate Milk Local	1% Low Fat White Milk Local Fat Free Chocolate Milk Local	1% Low Fat White Milk Local Fat Free Chocolate Milk Local	1% Low Fat White Milk Local Fat Free Chocolate Milk Local	
<b>Misc.</b>	<b>Misc.</b>	<b>Misc.</b>	<b>Misc.</b>	
Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser Tartar Sauce	Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	



Mon	Tue	Wed	Thu	Fri
4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
<b>Lunch Entrée</b> Spaghetti Marinara w/ Halal Meatballs Sunbutter & Jelly Sandwich w/ String Cheese <b>Vegetables</b> Green Beans Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks <b>Fruit</b> Fresh Pear Juicy Mandarin Oranges <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	<b>Lunch Entrée</b> Scrambled Eggs w/Pancakes Cat in the Hat Strawberry Yogurt Parfait <b>Vegetables</b> Crispy Tater Tots Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks <b>Fruit</b> Sweet Mixed Fruit Fresh Grapes <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser Maple Syrup Cup	<b>Lunch Entrée</b> Halal Hamburger Tuna Salad on Croissant <b>Vegetables</b> Vegetarian Baked Beans Creamy Coleslaw Shredded Lettuce, Tomato Slices & Pickles Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks <b>Fruit</b> Sweet Diced Peaches Fresh Apple <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser	<b>Lunch Entrée</b> Delicious Cheese Pizza Zaatar Pita & Hummus w/ Veggies Power Pack <b>Vegetables</b> Italian Veggie Blend Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks <b>Fruit</b> Fresh Grapes Sliced Strawberries <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser Mustard Dispenser	<b>Lunch Entrée</b> Baja Fish Tacos Turkey & Cheese Wrap <b>Vegetables</b> Crispy Straight Cut Fries Fresh Romaine Leaf & Spinach Salad Mix Fresh Baby Carrots Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Celery Sticks <b>Fruit</b> Unsweetened Applesauce Fresh Orange <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser Tartar Sauce



Mon	Tue	Wed	Thu	Fri
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
<b>Lunch Entrée</b> Seasoned Halal Beef Quesadilla Grande Cheesy Nachos <b>Vegetables</b> Seasoned Mexican Black Beans Fresh Romaine Leaf & Spinach Salad Mix Fresh Salsa Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks <b>Fruit</b> Fresh Apple Juicy Pineapple Tidbits <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mayo Dispenser Mustard Dispenser	<b>Lunch Entrée</b> Fish Patty Sandwich Sunbutter & Jelly Sandwich w/ String Cheese <b>Vegetables</b> Crinkle Cut Fries Shredded Lettuce, Tomato Slices & Pickles Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Romaine Leaf & Spinach Salad Mix Fresh Celery Sticks <b>Fruit</b> Fresh Orange Sweet Diced Peaches <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser Tartar Sauce	<b>Lunch Entrée</b> Halal Beef Hotdog Veggie Ranch Wrap <b>Vegetables</b> Steamed Baby Carrots Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Baby Carrots Yellow Bell Peppers Fresh Broccoli Florets <b>Fruit</b> Fresh Grapes Unsweetened Applesauce <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser Chocolate Pudding		



Mon	Tue	Wed	Thu	Fri
4/24/2023	4/25/2023	4/26/2023	4/27/2023	4/28/2023
<b>Lunch Entrée</b> Halal Chicken Tenders Turkey & Cheese Sandwich <b>Vegetables</b> Italian Veggie Blend Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Red Bell Pepper <b>Fruit</b> Fresh Apple Sweet Mixed Fruit <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mayo Dispenser Mustard Dispenser	<b>Lunch Entrée</b> French Toast Sticks Blueberry Parfait w/ Graham Crackers and String Cheese <b>Vegetables</b> Crispy Tater Tots Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Red Bell Pepper <b>Fruit</b> Fresh Pear Diced Strawberries Cup <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mayo Dispenser Mustard Dispenser Mayo Dispenser	<b>Lunch Entrée</b> Cheese Stuffed Breadsticks w/Marinara Sun Butter & Grape Jelly Sandwich <b>Vegetables</b> Fresh Steamed Broccoli Fresh Lettuce & Spinach Mix Fresh Baby Carrots Fresh-Cut Cucumber Slices Fresh Celery Sticks Fresh Broccoli Florets <b>Fruit</b> Juicy Mandarin Oranges Applesauce Cup <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ketchup Dispenser Mustard Dispenser Mayo Dispenser Ranch Dispenser	<b>Lunch Entrée</b> Halal Pepperoni Pizza Grande Cheesy Nachos <b>Vegetables</b> Seasoned Mexican Black Beans Fresh Salsa Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Red Bell Pepper <b>Fruit</b> Cinnamon Spiced Apples Sliced Strawberries <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser	<b>Lunch Entrée</b> Fish Sticks w/Roll Hummus & Pita Bread <b>Vegetables</b> Crispy Straight Cut Fries Fresh Romaine Leaf & Spinach Salad Mix Fresh Cherry Tomatoes Fresh Broccoli Florets Fresh Baby Carrots Fresh Celery Sticks <b>Fruit</b> Fresh Orange Diced Pears <b>Milk</b> 1% Low Fat White Milk Local Fat Free Chocolate Milk Local <b>Misc.</b> Ranch Dispenser Ketchup Dispenser Mustard Dispenser Mayo Dispenser Tartar Sauce

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 4/2/2023, End = 4/29/2023)
Menu Plan	(Dearborn SY22/23 K-12 Breakfast, Dearborn SY 22/23 K-5 Lunch)