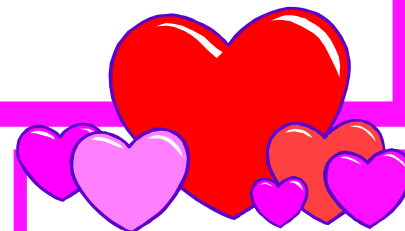


February 2010

Inkster High School & Annex



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty on Bun Calzone Chili and Tortilla Chips French Fries Peaches Milk	2 Fish Patty on Bun New: Chicken Tenders Walking Taco Corn on the Cob Pears Milk	3 Hot Sub – Ham, Cheese And Salami Chicken Rings with Roll Diced Ham in Au Gratin Potatoes with Roll Carrot & Celery Sticks Mixed Fruit Milk	4 Hamburger on Bun Pizza Selection Spaghetti with Meatsauce With Breadstick Package Lettuce Salad Applesauce Milk	5 Spicy Chicken Patty on Bun Cheese Quesadilla Turkey in Gravy over Whipped Potatoes Pickle Sphears Mandarin Oranges Milk
8 Hotdog on Bun Chicken Nuggets Pizza by the Slice Baked Beans Pineapple Tidbits Milk	9 Chicken Patty Cold Sub Sandwich Sweet & Sour Chicken over Rice with Egg Roll French Fries Peaches Milk	10 Ham & Cheese on English Muffin Calzone Nacho Chips and Taco Meat With Cheese Sauce Tossed Salad Sherbert Milk COUNT DAY ☺	11 Pizza New: Chicken Ranch Wrap Sausage with Macaroni & Cheese Hot Pretzel Seasoned Corn Mixed Fruit Milk	12 No School for Students Professional Development Day
15 Winter Break	16 Winter Break	17 Winter Break	18 Winter Break	19 Winter Break
22 BBQ Riblette on Bun Chicken Quesadilla Spaghetti & Meat Sauce With Breadstick Broccoli & Cheese Sauce Applesauce Milk	23 Hamburger on Bun Chicken Nuggets Meatball Sub French Fries Peaches Milk	24 Spicy Chicken Patty Corndog New: Breakfast for Lunch Pancakes and Syrup Sausage Links Hash Brown Patty Mixed Fruit Milk	25 Turkey Sub Pizza Soft Flour Taco Cole Slaw Pears Milk	26 New – Kool Kids: Hard Cooked Egg, Gogurt, Carrot Sticks, Ranch Dr, Crackers, Fortune Cookie Burrito and Salsa Grilled Cheese Sandwich Tomato Soup Fresh Fruit Milk

News

Since 1963, Congress and the United States President have proclaimed February as American Heart

Month!

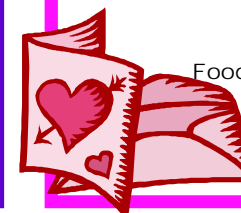
Regular exercise can help your heart function better and reduce your risk of heart problems in the future.

Learning to have healthy eating and exercise habits early on can help avoid a lifetime of chronic disease and disability.

Remember – you are what you eat.

Lunch includes one entrée, vegetable, fruit and milk

Universal Free Breakfast is available before school in the cafeteria. A selection of entrees, as well as juice and milk is offered.



Food Service Office
734-641-0171
Menu subject to change.