





Harper Woods Summer Nutritional Meals

June Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
18 WG Pancakes on a Stick 100% Fruit Juice Skim Milk Choice	19 Grab and Go Breakfast 100% Fruit Juice Skim Milk Choice	20 Grab and Go Breakfast 100% Fruit Juice Skim Milk Choice	21 Grab and Go Breakfast 100% Fruit Juice Skim Milk Choice	22 Grab and Go Breakfast 100% Fruit Juice Skim Milk Choice
25 WG Pancakes Sausage Links 100% Fruit Juice Skim Milk Choice	26 Scrambled Eggs w/ Cheese Sausage Patty 100% Fruit Juice Skim Milk Choice	27 WG Waffles Sausage Links 100% Fruit Juice Skim Milk Choice	28 Breakfast Pizza 100% Fruit Juice Skim Milk Choice	29 Grab and Go Breakfast 100% Fruit Juice Skim Milk Choice
		Assorted Fresh Fruit Served Every Day		

Harper Woods Secondary Campus
20225 Beaconsfield - Harper Woods MI 48225

Served Daily

*Assorted Cereal, Assorted Cereal Bar, Yogurt Parfaits, Bagels, and WG Muffins
100% Assorted Juice, Assorted Fresh Fruit, and Skim Milk Choice*

Free Breakfast and Lunch will be served to all children 18 Years or Younger.
The Nutritional Food Service aligns with Summer Programing sponsored by the Harper Woods School District.
Summer Nutritional Meals will be offered to all children even if they do not participate in Summer Programs

Summer Nutritional Meals

June 18, 2018 – August 10, 2018 - Monday - Friday
Breakfast 7:30 AM – 8:45 AM - Lunch 11:00AM – 12:30 PM

Chartwells Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Our Guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans. Provide more whole grain foods, such as brown rice and whole wheat. Encourage lean proteins including vegetarian and plant based. Reduce unhealthy fats, sodium, and sugar. Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce. To learn more about Chartwells go to www.EatLearnLive.com

Questions or comments? Please call Brian Corbett Foodservice Director at 313/245-3025.

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Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410

fax: (202) 690-7442; or email: program.intake@usda.gov.

This institution is an equal opportunity provider.