



# Harper Woods Summer Nutritional Meals

## June Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
18 Cheesy Breadsticks Pizza Dipping Chilled Mixed Fruit Skim Milk Choice	19 Chicken Patty on WG Bun Seasoned Green Beans Chilled Pineapples Skim Milk Choice	20 Ham and Cheese Subs Barbequed Baked Beans Chilled Pears Skim Milk Choice	21 Pepperoni Pizza Dark Tossed Garden Salad Fresh Fruit Skim Milk Choice  <i>Cheese Available</i>	22 Macaroni and Cheese Seasoned Broccoli Chilled Pineapples Skim Milk Choice
25 Hamburger On a Bun Seasoned Corn Chilled Mixed Fruit Skim Milk Choice	26 Beef Nachos w/ Cheese Refried Beans Roasted Salsa 100% Fruit Juice Skim Milk Choice	27 Hot Dog Tater Tots Chilled Pears Skim Milk Choice	28 Chicken Tenders Seasoned Green Beans Chilled Pineapples Skim Milk Choice	29 Pepperoni Pizza Sticks Dark Tossed Garden Salad Fresh Fruit Skim Milk Choice

**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](http://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](mailto:program.intake@usda.gov).  
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