

## Detroit Country Day School - Lunch Menu Calendar

| Month | Week | Day  | SEPTEMBER 2021  |   |         |  |
|-------|------|--|---|---|---------|--|
| MON   | TUE  | WED  | THU   | FRI   | SAT/SUN |  |
| 30    | 31   | 1  | 2   | 3   | 4       |  |
|       |      |  |   |   | 5       |  |
| 6     | 7    | 8  | 9   | 10  | 11      |  |
|       |      | <p>Lower School<br/>Pasta with<br/>Marinara Sauce,<br/>Breadsticks, Fresh<br/>Fruit and<br/>Vegetables</p> <p>Middle School<br/>Pasta with Meat<br/>Sauce (beef), Pasta<br/>with Marinara<br/>Sauce, Breadsticks,<br/>Fruit and<br/>Vegetables</p> <p>Upper School<br/>Pasta with Meat<br/>(Beef) Sauce, Pasta<br/>with Marinara<br/>Sauce, Breadsticks,<br/>Fresh Fruit and<br/>Vegetable</p> | <p>Lower School<br/>Grilled Cheese,<br/>Tater Tots, Tomato<br/>Soup, Fresh Fruit<br/>and Vegetables</p> <p>Middle School<br/>Grilled Cheese,<br/>Oven Baked Fries,<br/>Fruit and<br/>Vegetables</p> <p>Upper School<br/>Grilled Cheese,<br/>Chips, Fresh Fruit<br/>and Vegetables</p> | <p>Lower School<br/>Cheese Pizza<br/>served with Garden<br/>Salad, Fresh Fruits<br/>and Vegetables</p> <p>Middle School<br/>General Tso's<br/>Chicken or Chick'n,<br/>Rice, Fruit and<br/>Vegetables</p> <p>Upper School<br/>General Tso's<br/>Chicken, General<br/>Tso's Chick'n, Rice,<br/>Asian Vegetables<br/>and Fresh Fruit</p> | 12      |  |

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| <p>Lower School <b>13</b><br/>Beef Cheeseburger, Veg Burger, Roasted Potatoes, Fruit and Vegetables</p> <p>Middle School<br/>Beef Cheeseburger, Veg Burger, Roasted Potatoes, Fruit and Vegetables</p> <p>Upper School<br/>Beef Cheeseburger, Veg Burger, Roasted Potatoes, Fruit and Vegetables</p>                  | <p>Lower School <b>14</b><br/>Turkey Tacos, Veggie Tacos, Spanish Rice, Fruit and Vegetables</p> <p>Middle School<br/>Turkey Tacos, Veggie Tacos, Spanish Rice, Fruit and Vegetables</p> <p>Upper School<br/>Chicken Mexi Bowl or Veggie Mexi Bowl served with Fresh Fruit and Vegetables</p>                            | <p>Lower School <b>15</b><br/>Cheese Ravioli with Marinara Sauce, Breadsticks, Fruit and Vegetables</p> <p>Middle School<br/>Cheese Ravioli with Marinara Sauce, Breadsticks, Fruit and Vegetables</p> <p>Upper School<br/>Cheese Ravioli with Marinara Sauce, Breadsticks, Fruit and Vegetables</p> | <p><b>16</b></p>   | <p>Lower School <b>17</b><br/>Chicken Tenders, Chick'n Tenders, Buttered Noodles, Fruit and Vegetables</p> <p>Middle School<br/>Chicken Tenders, Chick'n Tenders, Buttered Noodles, Fruit and Vegetables</p> <p>Upper School<br/>Chicken Tenders, Chick'n Tenders, Buttered Noodles, Fruit and Vegetables</p>   | <p><b>18</b></p> <hr/> <p><b>19</b></p> |
| <p>Lower School <b>20</b><br/>Breaded Chicken Sandwich, Veggie Burger, Oven Baked Fries, Fresh Vegetables and Fruit</p> <p>Middle School<br/>Breaded Chicken Sandwich, Veggie Burger, Chips, Fruit and Vegetables</p> <p>Upper School<br/>Beef and Lamb Gyro, Spinach Pie, Rice Pilaf, Fresh Fruit and Vegetables</p> | <p>Lower School <b>21</b><br/>Chicken Quesadilla or Cheese Quesadilla, Beans and Rice, Fresh Fruit and Vegetables</p> <p>Middle School<br/>Turkey Burrito, Veggie Burrito, Lime Cilantro Rice, Fruit and Vegetables</p> <p>Upper School<br/>Turkey Burrito, Veggie Burrito, Lime Cilantro Rice, Fruit and Vegetables</p> | <p>Lower School <b>22</b><br/>Pasta with Marinara Sauce Breadsticks, Fruit and Vegetables</p> <p>Middle School<br/>Pasta with Alfredo Sauce, Garlic Bread, Fruit and Vegetables</p> <p>Upper School<br/>Pasta with Marinara Sauce or Alfredo Sauce, Garlic Bread, Fruit and Vegetables</p>           | <p>Lower School <b>23</b><br/>Pancakes, Scrambled Eggs, Chicken Sausage, Fruit</p> <p>Middle School<br/>Pancakes, Scrambled Eggs, Chicken Sausage, Fruit</p> <p>Upper School<br/>Chicken Tikka Wrap or Matar Aloo with Naan, Potatoes with Indian Spices, Fresh Fruit and Vegetables</p> | <p>Lower School <b>24</b><br/>Oven Baked Chicken Leg or Chick'n Bite, Sweet Potato Fries, Fresh Fruit and Vegetables</p> <p>Middle School<br/>Chicken Wings or Broccoli Cheddar Fritter, Macaroni and Cheese, Fruit and Vegetables</p> <p>Upper School<br/>Huli Huli Chicken Legs or Hawaiian Veggie Burger, Black Beans and Rice, Fresh Fruit and Vegetables</p> | <p><b>25</b></p> <hr/> <p><b>26</b></p> |

