







What's on the Menu?

Capac Jr/Sr High School – January 4 – 8, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Sweet & Sour Chicken w/Pineapple & Bell Pepper's Brown Rice Vegetable Egg Roll Sesame Breadstick	Turkey & Gravy w/Mashed Potatoes Green Bean Casserole Stuffing Apple Crisp	Popcorn Chicken w/Mashed Potatoes & Gravy Seasoned Corn Dinner Roll	Swedish Meatballs w/Garlic Mashed Potatoes & Gravy Seasoned Carrots Fresh Baked Biscuit	Lasagna Roll Up Savory Green Beans Herb Breadstick
	Pepperoni French Bread Pizza	Big Mac Pizza	Chicken Cheddar Quesadilla	Bacon Cheeseburger Pizza	Meat Lover's Pizza
	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Hot Ham & Cheese On a Pretzel Bun Crispy Chicken Sandwich Baked Curly Fries	Crispy Chicken Sandwich Bacon Cheeseburger Bosco Breadsticks w/Marinara Sauce	Corn Dog Crispy Chicken Sandwich Baked Tater Tots	Spicy Chicken & Cheese Sandwich Crispy Chicken Patty Sandwich Bosco Breadsticks w/Marinara Sauce	NEW! Buffalo Ranch Chicken Wrap w/Pepper Jack Cheese Crispy Chicken Patty Sandwich Seasoned Waffle Fries
	<i>Made to Order Sandwich Bar</i>				
	<i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Fruit Yogurt Parfait w/Granola Crackers, Cheese & Grapes Parfait	Fruit Yogurt Parfait w/Granola Crackers, Cheese & Grapes Parfait	Fruit Yogurt Parfait w/Granola Crackers, Cheese & Grapes Parfait	Fruit Yogurt Parfait w/Granola Crackers, Cheese & Grapes Parfait	Fruit Yogurt Parfait w/Granola Crackers, Cheese & Grapes Parfait
	Specialty Salad	Specialty Salad	Specialty Salad	Specialty Salad	Specialty Salad
	Fresh Baby Carrots Chilled Pineapple Apple Juice Assorted Fresh Fruit	Cherry Tomatoes Chilled Pears Apple Juice Assorted Fresh Fruit	Sliced Cucumbers Fresh Blueberries Apple Juice Assorted Fresh Fruit	Fresh Broccoli Florets Chilled Peaches Apple Juice Assorted Fresh Fruit	Fresh Cauliflower Florets Fresh Red Grapes Apple Juice Assorted Fresh Fruit

**ALL STUDENTS RECEIVE FREE
BREAKFAST & LUNCH**

Menu Subject to change without notice

Comments or concerns please contact:
Cindi Kelly, DDS
(810) 395-3855 or ckelly@capacschools.us

A full student lunch includes
a choice of entree supplying protein and grain,,
two (2) vegetable side dishes,
one (1) fruit side dish,
and a choice milk

**Grades K-8 may take up to 3/4 cup of vegetables
daily if desired.

**Grades 9-12 may take up to 1 cup of vegetables
daily if desired.

**Grades 9-12 may take up to 1 cup of fruit daily if desired.

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