**Meet Up and Eat Up**

Healthy food to fuel your summer.

Nutritious free meals are available for children and teens at many locations throughout the nation throughout the summer while school is out of session. Anchor Bay Schools does not have a summer food service program but you can use the mapping tool below to find a site near you.

New sites will be added as the school year ends and throughout the summer.

Please check back often for updated information.

Please visit:

- [http://www.mcgi.state.mi.us/schoolnutrition](http://www.mcgi.state.mi.us/schoolnutrition)
- Or Text Food to 877-877

### Menu

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tr>
<td>Chicken Nuggets &amp; Chicken Favorites</td>
<td>Pasta W/Meat Sauce</td>
<td>Chicken Favorites</td>
<td>Cheese Pizza</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>Thunder Fries</td>
<td>Parmesan Pkt</td>
<td>Buttered Noodles</td>
<td>Garlic Bread</td>
<td>Garlic Bread</td>
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<tr>
<td>Variety Grains</td>
<td>Romaine Salad</td>
<td>Parmesan Pkt.</td>
<td>Vegetable of the Day</td>
<td>Vegetable of the Day</td>
</tr>
<tr>
<td>Fruit Slushie</td>
<td>Cherry Tomato</td>
<td>Crisp Cucumber</td>
<td>Fruit Cup</td>
<td>Fruit Cup</td>
</tr>
<tr>
<td>Milk</td>
<td>Apple Slices</td>
<td>Peaches</td>
<td>Milk</td>
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<tr>
<td>#2 Yogurt Lunch</td>
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<td>#3 Salad Lunch</td>
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<tr>
<td>#4 Chicken Tender Wrap</td>
<td>#4 Chicken Tender Wrap</td>
<td>#4 Chicken Tender Wrap</td>
<td>#4 Pepperoni Pizza</td>
<td>#4 Hummus Lunch</td>
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<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>#1 Mini Corn Dogs</td>
<td>#1 Pizza Day</td>
<td>Is Available</td>
<td>Is Available</td>
<td></td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Romaine Salad</td>
<td>#2 Yogurt Lunch</td>
<td>#2 Yogurt Lunch</td>
<td></td>
</tr>
<tr>
<td>Crunchy Carrots</td>
<td>Cherry Tomato</td>
<td>#3 Salad Lunch</td>
<td>#3 Salad Lunch</td>
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<tr>
<td>Fruit Cup</td>
<td>Fruit Cup</td>
<td>#4 Chicken Tender Wrap</td>
<td>#4 Chicken Tender Wrap</td>
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<tr>
<td>Milk</td>
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<td>#2 Yogurt Lunch</td>
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**Join Our Team!**
Anchor Bay Schools Food & Nutrition Dept. is accepting applications for substitute staff for the 2019-2020 school year.

Apply online at: www.anchorbay.misd.net
Or Email cpizzimenti@abs.misd.net

**Healthy Food to Fuel your Summer!**

Available Everyday

**Fresh Salad Lunch & Yogurt Lunch**

**Lunch Includes:**
- Salad or Yogurt of the Day
- Variety Bread/Grain Item
- Two Fruits and/or Vegetables
- One Milk

**Monday - Caesar Salad**
**Tuesday - Chef Salad**
**Wednesday - Taco Salad**
**Thursday - Chicken Salad**
**Friday - Club Salad**

**Friday Hummus Lunch Includes:**
- Classic Hummus Cups
- Crispy Tortilla Chips
- Two Fruits and/or Vegetables
- One Milk

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**Breakfast**
- $1.25

**Reduced Breakfast**
- $.40

**Lunch**
- $2.60

**Reduced Lunch**
- $.40

**Milk**
- $.40

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**Free and Reduced Lunch applications will be available for the 2019-2020 school year after July 1st at:**

www.lunchapp.com

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The U.S. Department of Agriculture (USDA) prohibits discrimination. See Full USDA Nondiscrimination Statement on our website at www.anchorbay.misd.net/departments/foodservice.

This institution is an equal opportunity provider.

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Thank you for prepaying your child(ren’s) school meals.

The balance in your child’s account will be carried forward to use next year—even if your child changes schools within the Anchor Bay School District.

We appreciate you bringing your student/s account up to date for the year end.

If you have any questions or concerns please call the Food & Nutrition Office at 586 598-7663.

Thank you.