Anchor Bay High School  
2018-2019 Galley Menu

School Breakfast is $1.25 ♦ Reduced Breakfast .30 Available every school day.  
School Lunch is $2.85 ♦ Reduced Lunch .40 Available all full days.  
Milk .40

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**Every Monday!**

The Galley has 4 serving areas:  
Galley Grill, Port, Stern and Starboard

Students Create their own School Lunch...  
Protein Grain Fruit Vegetable Milk  
Students may choose 3, 4 or all 5 of the components  
one item must be a fruit or vegetable.

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**These School Meals Will Be Featured at the Galley Grill:**  
♦ Served with Grain Choices

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Choice of Entrée:</strong></td>
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</tbody>
</table>
| Spicy or Crispy Chicken Patty on a Bun  
Mini Corn Dogs  
Veggie Burger on a Bun  
Little Caesar’s Pizza  
(Pepperoni or Veggie) | Spicy or Crispy Chicken Patty on a Bun  
Bosco Sticks  
Fresh Baked Pizza  
Veggie Burger on a Bun  
Fruits | Variety Chicken  
Chicken Tenders or Nuggets  
Popcorn Chicken Bowl  
Spicy Chicken Patty on Bun  
Pocket Calzone  
Veggie Burger on a Bun  
Fruits | Chicken and Onion Rings  
Or Chicken and Waffles  
Spicy or Crispy Chicken Patty on a Bun  
Fresh Baked Pizza  
Bosco Sticks  
Veggie Burger on a Bun  
Fruits | Spicy or Crispy Chicken Patty on Bun  
Cheeseburger on a Bun  
Macaroni & Cheese ♦  
Fresh Baked Pizza  
Bosco Sticks  
Veggie Burger on a Bun  
Fruits |
| Fruits | Fresh Fruit in Season  
Applesauce  
100% Juice  
Vegetables  
Sweet Potato  
Cucumbers | Fresh Melon  
Fruit Mix  
100% Juice  
Vegetables  
Mashed Potato  
Golden Corn  
Milk | Fresh Fruit in Season  
Peaches  
100% Juice  
Vegetables  
Romaine Lettuce Cup  
Cherry Tomato  
Milk | Fresh Fruit in Season  
Pears  
100% Juice  
Vegetables  
Green Beans  
Curly Fries  
Milk |
| **These School Meals Will Be Featured at The Port:**

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<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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</table>
| Variety Soft Shell Tacos  
Variety Nacho Supreme | Cheesy Alfredo  
Or  
Beef Spaghetti Sauce  
W/Garlic Breadstick | Fresh Scrambled Eggs  
Canadian Bacon • Sausage Variety Breakfast Breads | Cheesy Alfredo  
Or  
Beef Spaghetti Sauce  
W/Garlic Breadstick | Spicy or Crispy Chicken Patty on a Bun  
Cheeseburger on a Bun  
Macaroni & Cheese ♦  
Fresh Baked Pizza  
Bosco Sticks  
Veggie Burger on a Bun  
Fruits |
| Fruits | Fresh Fruit in Season  
Applesauce  
100% Juice  
Vegetables  
Sweet Potato  
Cucumbers | Fresh Melon  
Fruit Mix  
100% Juice  
Vegetables  
Mashed Potato  
Golden Corn  
Milk | Berries  
Peaches  
100% Juice  
Vegetables  
Romaine Lettuce Cup  
Cherry Tomato  
Milk | Berries  
Peaches  
100% Juice  
Vegetables  
Green Beans  
Curly Fries  
Milk |
| **These School Meals Will Be Featured at The Port:**

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Menu is Subject to Change
These Menu items will be featured at *The Stern:*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>Fresh Salad Bar</td>
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<td>Fresh Salad Bar</td>
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<tr>
<td>Sandwich</td>
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<td>Wrap</td>
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<td>Hummus</td>
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<td>Yogurt</td>
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<tr>
<td>Apple Slices</td>
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<td>Apple Slices</td>
<td>Apple Slices</td>
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<tr>
<td>Oranges</td>
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<tr>
<td>100% Juice</td>
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<td>🍅<strong>Vegetables</strong></td>
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<td>Baked Beans</td>
<td>Baked Beans</td>
<td>Baked Beans</td>
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<td>Baked Fries</td>
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<tr>
<td>♦Grain Choices</td>
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<td>Milk</td>
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</tbody>
</table>

These Menu items will be featured at *The Starboard:*

<table>
<thead>
<tr>
<th><strong>Beef &amp; Chicken Stir Fry W/ WG Rice</strong></th>
<th><strong>Pasta W/Cheesy Alfredo Sauce Or Pasta W/Beef Spaghetti Sauce W/Twisted Garlic Breadstick</strong></th>
<th><strong>Chicken Tender Bowl Or Roast Beef Mashed Potato Wrap</strong></th>
<th><strong>Pasta W/Cheesy Alfredo Sauce Or Pasta W/Beef Spaghetti Sauce W/Twisted Garlic Breadstick</strong></th>
<th><strong>Cheese Quesadilla or Soft Pretzel w/Cheese</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>🍎<strong>Fruits</strong></td>
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<tr>
<td>Apple Slices</td>
<td>Apple Slices</td>
<td>Apple Slices</td>
<td>Apple Slices</td>
<td>Fresh Fruit in Season</td>
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<tr>
<td>Oranges</td>
<td>Oranges</td>
<td>Oranges</td>
<td>Oranges</td>
<td>Pears</td>
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<tr>
<td>100% Juice</td>
<td>100% Juice</td>
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<td>100% Juice</td>
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<tr>
<td>🍅<strong>Vegetables</strong></td>
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</tr>
<tr>
<td>Fresh Carrots</td>
<td>Fresh Carrots</td>
<td>Fresh Carrots</td>
<td>Fresh Carrots</td>
<td>Green Beans</td>
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<tr>
<td>Baked Beans</td>
<td>Baked Beans</td>
<td>Baked Beans</td>
<td>Baked Beans</td>
<td>Broccoli</td>
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<tr>
<td>Baked Fries</td>
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<td>Milk</td>
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Free and Reduced application available online at: www.Lunchapp.com

You may apply at Anytime

Meal Account Website
www.sendmoneytoschool.com

Call the foodservice office at 586 598-7663
To obtain your students 10 digit ID