MAY 2024

George Washington Carver Academy



George Washington Carver Academy 24510 Second Avenue Highland Park, MI 48203



May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried, or scrambled. How do you like to eat eggs?

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sloppy Joe on Wheat Bun (30), Roasted Potatoes (20) Side Salad (7) Fresh Banana (24) Milk (20), Ketchup (11) Ranch Dressing (11)	Chicken Dog (25) Wheat Bun (21) Baked Beans (26) Corn on Cobb (13) Apple Slices (19), Milk (20) Mustard & Ketchup (21)	Little Caesar's Pizza (30) Tossed Salad (7) Fruit Cocktail (10) Milk (20) Ranch Dressing (11)
Breaded Chicken Patty w/ Wheat Bun (46) Tatar Tots (20) Pineapple Tidbits (9) Milk (20) Ketchup (11) & Mayo (11)	Salad Bar Day w/Chopped Lettuce 1oz, Cucumber 1oz, Tomato 1oz, Cheese 2oz, Diced Turkey 2oz, Breadstick (13), Apple (19), Milk (20), Ranch (11)	Nachos w/Cheese Ground Beef (27) Shredded Lettuce (7) & Tomato (3), Mexican Rice (20), Refried Beans (26), Diced Pears (9), Milk (20),	Turkey Bacon Cheeseburger on Bun (40) Sweet Potato Fries (14) Pasta Salad, Lettuce (7), Pickles (3), Fresh Banana (24), Milk (20), Mustard &	Little Caesar's Pizza (30) Baby Carrots (3) Sliced Peaches (9) Milk (20) Ranch Dressing (11)
Chicken Fajita w/Peppers and Onions (25) Fiesta Corn (13) Fresh Banana (24) Milk (20), Salsa (8)	Sweet & Sour Meatballs (11), Brown Rice (20) Green Peas (12) Diced Pears (9) Milk (20)	Taco Sauce (8) Spaghetti w/Meatsauce (30), Broccoli Cuts (9) Cheese stick (17) Diced Peaches (9) Milk (20)	Ketchup (21) Stuffed Baked Potato (22) Diced Chicken 2oz, Cheese 2oz, Side Caesar Salad (7), Apple Slices (19) Milk (20), Sour Cream (11)	Little Caesar's Pizza (30) Tossed Salad (7) Orange Slices (11) Milk (20) Ranch Dressing (11)
Baked Ravioli (30) Oriental Blend Veggies (14), Wheat Roll (13) Mandarin Oranges (11) Milk (20)	Taco Tuesday Ground Beef, Cheese (27), Mexican Corn (13), Fruit Cocktail (10), Taco Sauce (8), Sour Cream (11), Milk (20)	Chicken Alfredo (40) Mixed Veggies (14) Diced Peaches (9) Dinner Roll (13) Milk (20)	Super Carver Sub Turkey, Ham, Cheese (25) Shredded Lettuce (7), Tomato (3), Pickles (3), Wheat Bun (21), Baby Carrots (3), Apple, Milk	Little Caesar's Pizza (30) Baby Carrots (7) Diced Peaches (9) Milk (20) Ranch Dressing (11)
Memorial Day No School	Chicken Tenders (25) Mashed Potatoes w/Gravy (25), Mixed Veggies (14) Diced Pears (9) Milk (20)	Chicken Wrap w/ Chicken Strips, Cheese (30), Shredded Lettuce (7), Oven Fries (20), Diced Peaches (9), Milk (20)	(20, Chips (13), Mayo (11) Salisbury Steak w/Gravy (22), Rice (20) Sliced Carrots (3) Pineapple Tidbits (9) Milk (20)	31 Little Caesar's Pizza (30) Tossed Salad (7) Mixed Fruit (10) Milk (20) Ranch Dressing (11)