

Seminole Academy Lunch Menu

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day No School 1	Half Day Bag Lunch 2	Hot Dog on WG Bun Potato Wedges Fruit Choice Milk Choice 3	Lasagna Roll Up Romaine Salad Blend Fruit Choice Milk Choice 4	Cheese or Pepperoni Pizza Baby Carrots w/Ranch Fruit Choice Milk Choice 5
Mini Corn Dogs Green Beans Fruit Choice Milk Choice 8	Macaroni & Cheese Broccoli WG Dinner Roll Fruit Choice Milk Choice 9	Chicken Sandwich on WG Bun Baked Beans Fruit Choice Milk Choice Late Start 10	Nachos w/Taco Meat, Cheese, WG Tortilla Chips Sweet Corn Fruit Choice Milk Choice 11	Cheese or Pepperoni Pizza Romaine Salad Blend Fruit Choice Milk Choice 12
Sloppy on WG Bun Baked Beans Fruit Choice Milk Choice 15	Popcorn Chicken Asparagus WG Dinner Roll Fruit Choice Milk Choice 16	Pizza Crunchers Spring Mix Fruit Choice Milk Choice 17	WG Pancakes, Turkey Sausage Hash brown Rounds Fruit Choice Milk Choice 18	Cheese or Pepperoni Pizza Romaine Salad Blend Fruit Choice Milk Choice 19
Chicken Nuggets Baked Beans Fruit Choice Milk Choice 22	Alfredo Green Beans Fruit Choice Milk Choice 23	Meatloaf Mashed Potatoes WG Dinner Roll Milk Choice Late Start 24	Spaghetti w/Meatballs Butternut Squash Fruit Choice Milk Choice 25	Cheese or Pepperoni Pizza Romaine Salad Blend Fruit Choice Milk Choice 26
Teriyaki Beef Dunkers WG Rice Green Beans Milk Choice 29				



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Contact your Food Service Director,
Renee Frederick, at (313) 269-7108
 or email FrederickR@mtcps.org
 for questions or comments.

We are a 10 Cents a Meal grantee, and we purchase
 Michigan-grown products.

****Menu Subject to Change****

"or;" = An alternative selection to choose.
 "WG" = Whole Grain 1% White & 1% Chocolate
 Milk available daily.

Daily Produce Bar with rotating fruits and
 vegetables. An alternative meal is available.