

Seminole Academy Lunch Menu

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Nachos w/Ground Beef, Cheese WG Tortilla Chips, Salsa Black Beans Fresh Produce Bar Choice of Milk Count Day!	Cheeseburger on WG Bun Tater Tots Fresh Produce Bar Choice of Milk	Cheese or Pepperoni Pizza Fresh Broccoli w/Ranch Fresh Produce Bar Choice of Milk
Quesadilla Salsa Fiesta Pinto Beans Fresh Produce Bar Choice of Milk	Bosco Stick w/Marinara Cucumbers w/Ranch Fresh Produce Bar Choice of Milk	Hot Dog on WG Bun Potato Wedges Fresh Produce Bar Choice of Milk Late Start	Half Day Bag Lunch	Half Day Bag Lunch
Chicken Tikka Masala Brown Rice Green Peas Fresh Produce Bar Choice of Milk 13 National School Lunch Week	WG Enchilada Empanada Refried Beans Fresh Produce Bar Choice of Milk 14	WG Tortellini w/Pasta Sauce Green Beans Fresh Produce Bar Choice of Milk 15	Tangerine Orange Chicken Vegetable Fried Rice Stir Fry Peppers Fresh Produce Bar Choice of Milk 16	No School 17
No School 20	Popcorn Chicken Asparagus WG Roll Fresh Produce Bar Choice of Milk 21	Pizza Crunchers Spring Mix Fresh Produce Bar Choice of Milk Late Start 22	WG Pancakes Turkey Sausage Hash Brown Rounds Fresh Produce Bar Choice of Milk 23	Cheese or Pepperoni Pizza Carrots w/Ranch Fresh Produce Bar Choice of Milk 24
Chicken Nuggets Baked Beans Fresh Produce Bar Choice of Milk 27	Alfredo Green Bean Fresh Produce Bar Choice of Milk 28	Meatloaf Mashed Potatoes WG Roll Fresh Produce Bar Choice of Milk 29	Spaghetti w/Meat Sauce Butternut Squash Fresh Produce Bar Choice of Milk 30	Half Day Bag Lunch 31



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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.