

SEPTEMBER 2020 ELEMENTARY LUNCH MENU




BREAKFAST TO GO!

Monday - Blueberry Yogurt Parfait, Milk

Tuesday - Cereal, 100% Fruit Juice, Milk

Thursday - Pancakes and Turkey Sausage, Syrup, 100% Juice, Milk

Friday - Fruit and Yogurt Plate, Milk

Monday	Tuesday	Wednesday	Thursday	Friday
A Vegetarian option will be offered daily upon request if the menu does not have one	8	9	10	11
	14	15	16	17
21 Bosco Cheese Sticks French Fries Applesauce Cup	22 Cheese Quesadilla Sour Cream/Cheese Edammame Michigan Apple	23	24 Cheese Lasagna Rollup Garlic Breadstick Steamed Broccoli Fruit Cup	25 Cheese Pizza Side Salad Orange
28 All Beef Hot Dog Potato Starz Applesauce Cup	29 Beef Hard Shell Tacos Shredded Cheese Sour Cream/Salsa Refried Beans Michigan Apple	30	ALL STUDENT BREAKFAST AND LUNCHES ARE FREE UNTIL DECEMBER 31, 2020 	

All meals are free and will be available for students to take home when leaving school

Meals are intended to be prepared at home so may include simple cooking instructions

ALL COMPLETE LUNCHES INCLUDE

- Entrée: Protein & whole grain bun, roll, or muffin
- At least 3/4 cup fruits and veggies
- Milk - 1% white or chocolate

SEE REVERSE SIDE OF MENU FOR ENTREE DETAILS

248.341.5671

Deep Dish Cheese Pizza: Microwaveable or bakeable deep dish pizza filled with marinara sauce and topped with mozzarella cheese and optional pepperoni

All Beef Hot Dog: All beef hot dog to either bake, microwave or steam, served on a whole grain bun

Chicken Caesar Salad: Romaine lettuce, all natural white meat chicken, parmesan cheese, croutons, caesar dressing and a muffin

Deep Dish Veggie Pizza: Microwaveable or bakeable deep dish pizza filled with marinara sauce and topped with roasted veggies and mozzarella Cheese

Mini Corn Dogs: Oven bakeable bite sized turkey corn dogs with crispy corn breading
Wow! Sandwich Meal:
Peanut-Free Wow! Butter and jelly sandwich, low fat cheese stick, fresh veggie and fruit of the day. Ready to eat!

Lasagna Roll-up: Microwaveable pasta noodles filled with creamy ricotta and mozzarella cheese, topped with marinara sauce, served with garlic breadstick

Grilled Cheese: Crispy bake or microwave at home grilled cheese sandwich served with tomato soup

Fruit & Yogurt Plate:
Fruit Yogurt, giant cinnamon grahams, low fat cheese stick, and fresh fruit of the day, ready to eat!

Macaroni & Cheese: Reduced fat cheesy macaroni served in a microwaveable container with a mini garlic stick.

Chicken Patty Sandwich: Oven bakeable lightly breaded white meat chicken on a whole grain bun

Vegan Hummus Plate: Hummus cup, pita chips, baby carrots, celery sticks and (nut free) sunflower seeds, Ready to eat!

Spaghetti with Meatballs: Precooked spaghetti noodles with side of marinara and beef meatballs in a microwavable container served with garlic breadstick

Beef Hard Shell Tacos 2 shells served with seasoned beef taco meat ready to heat, shredded cheddar cheese, sour cream and salsa

Fresh Fruit Yogurt Parfait:
Layers of vanilla Yogurt, Fresh Fruit and Granola, ready to eat!

Orange Chicken: Whole muscle crispy chicken bites tossed in tangy orange glaze served with rice and asian blend of veggies ready to microwave

Beef nachos: Baked tortilla chips served with seasoned beef taco meat ready to heat, cheddar cheese cup, sour cream and salsa

Cereal Breakfast:
Your choice of 2 cereals to pre order Ready to eat with cold milk

Bosco Cheese Sticks: Oven bakeable whole grain bread sticks filled with mozzarella cheeses, baked and topped with parmesan cheese, served with marinara sauce

Chicken Soft Shell Tacos: 2 shells served with seasoned chicken taco meat ready to heat, shredded cheddar cheese, sour cream and salsa

Sausage, Egg and Cheese Croissant:
Microwavable whole grain croissant, stuffed with turkey sausage, egg and american cheese

Chicken Tenders: Oven bakeable lightly breaded white meat crispy chicken, served with homemade roll and butter

Cheese Quesadilla Microwave or oven bakeable quesadilla served with sour cream and salsa

Pancakes and Sausage
Microwavable bag of silver dollar pancakes served with turkey sausage patties and syrup



Gluten Free option available per medical request- preorder required



Vegetarian and Dairy Free options available - preorder required for Dairy Free



This institution is
an equal
opportunity
provider

**SEE SIDE PANEL FOR GLUTEN FREE,
VEGETARIAN AND DAIRY FREE REQUESTS**