

All complete meals Free throughout the 2021-22 school year!

SEPTEMBER 2021 INTERNATIONAL MENU

FREE <u>BREAKFAST OFFERED DA</u>ILY

CHOICE OF BAGELS, POPTARTS, GRANOLA BARS, AND MUFFINS WITH JUICE AND MILK

DAILY SPECIALS

MONDAYPANCAKES AND SAUSAGE
TUESDAY - CINNAMON ROLL
THURSDAY - BREAKFAST CROISSANT
FRIDAY - YOGURT PARFAITS

Monday

Tuesday

Wednesday

Thursday

Friday

Welcome Back!!!

No School!

- 7 Taco Tuesday! Fiesta Bar w/ MICHIGAN SALAD GREENS Refried Bean
- Orange Chicken
 w/ rice and Stir-fried
 Veggies
 and Egg Roll
- Philly Cheesesteak French Fries
- Pasta with Meatballs
 Garlic Breadstick
 MICHIGAN BROCCOLI
 JET'S Pizza Day!

- 13 Crispy Chicken Drumstick, Roll w/ mashed potatoes MICHIGAN VEGGIES JET'S Pizza Day!
- 14 Beef or Chicken and Cheese Nachos w/ MICHIGAN SALAD GREENS Refried Bean
- 15 General Tso Chicken w/ rice and Stir-fried Veggies and Egg Roll
- Greek Gyros Rice Pilaf
- Macaroni and Cheese
 Garlic Breadstick
 MICHIGAN BROCCOLI
 JET'S Pizza Day!

- 20 Popcorn Chicken Bowl JET'S PIZZA DAY!
- 21 Beef or Chicken Tacos w/ MICHIGAN SALAD GREENS Refried Bean
- Teriyaki Chicken w/ rice and Stir-fried Veggies and Egg Roll
- Grilled Cheese
 Tomato Soup
- **24** Lasagna Rollup Garlic Breadstick MICHIGAN BROCCOLI JET'S Pizza Day!

- 27 BBQ Chicken with
 Mashed Potatoes
 and Corn bread
 MICHIGAN VEGGIES
 JET'S Pizza Day!
- 28 Chicken Quesadillas!

 Beans and Rice

 MICHIGAN SALAD

 GREENS
- ²⁹1/2 day no lunch!
- **30**Hot Dog Bar with Chili
 French Fries

All meals include Proteins & whole grains
At least 3/4 cup fruits and veggies and
the white or chocolate milk

DAILY LUNCH OPTIONS!

CHICKEN PATTY SANDWICH - SPICY AND REGULAR CHICKEN TENDERS
GRILLED BURGERS, CHEESEBURGERS, BACON BURGERS
AND BLACKHAWK BURGERS
VARIETY OF ENTREE SALADS AND
GRAB AND GO SUBS AND WRAPS
AND MUCH MORE!!

Jet's Pizza: deep dish cheese, pepperoni or veggie pizza filled with marinara sauce and topped with mozzarella cheese

Big Daddy Pizza: House made cheese, pepperoni or veggie pizza filled with marinara sauce and topped with mozzarella cheese

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

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

Chicken Tenders: Lightly breaded white meat crispy chicken, served with homemeade roll and butter Chicken Patty Sandwich: llightly breaded white meat chicken on a whole grain bun

Nachos: Baked tortilla chips served with seasoned beef or chicken, cheddar cheese sauce, and beans. Lettuce, sour cream jalepenos and salsa offered on the side.

Tacos: 2 flour or corn tortillas filled with chicken or beef, topped with cheese with Michigan Lettuce, rice, beans and optional toppings served on the side.

Grilled Cheese and Tomato Soup: Crispy grilled sandwich stuffed with American cheeses and served with creamy tomato soup.

Burgers - Fresh burger patties grilled in house daily - choice of plain, with cheese, bacon or Blackhawk style (lettuce, pickle and thousand island dressing Macaroni & Cheese: Homemade with cavatappi noodles served with garlic bread

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

All Beef Hot Dog: All beef hot dog to served on a whole grain bun

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

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

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

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

MENU SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY
PROVIDER

Michigan Produce!

A variety of
Michigan produce
will be available at
each meal to choose
from!

Including, but not limited to Carrots, Blueberries, Broccoli, Apples, Salad Greens, Sweet Potatoes and Root Vegetable Medley



Gluten Free option available per medical requestpreorder required



Vegetarian and
Dairy Free options

400% available - preorder

[ARIAN required]

