



MAY 2022 BOWERS MENU

FREE BREAKFAST OFFERED DAILY!

CHOICE OF BAGELS, POPTARTS, GRANOLA BARS, AND MUFFINS WITH
CHOICE OF **MICHIGAN PRODUCE**, JUICE AND
1% WHITE OR CHOCOLATE MILK

DAILY SPECIALS

MONDAY - HOMEMADE MUFFIN

TUESDAY - CINNAMON ROLL

THURSDAY - BREAKFAST CROISSANT

FRIDAY - YOGURT PARFAITS

Monday

2

No School!

9

Crispy Chicken Drumstick,
Roll
w/ mashed potatoes
MICHIGAN VEGGIES
JET'S Pizza Day!

16

Popcorn Chicken
Bowl
JET'S PIZZA DAY!

23

BBQ Chicken Drumstick,
mashed potatoes, roll
MICHIGAN VEGGIES
JET'S Pizza Day!

30

No School!
Happy Memorial Day!

Tuesday

3

Popcorn Chicken
Bowl
JET'S PIZZA DAY!

10

Taco Tuesday!
2 Tacos w/
MICHIGAN SALAD GREENS
Refried Bean

17

Taco Tuesday!
Chicken Quesadilla
MICHIGAN SALAD GREENS
Refried Bean

24

Beef or Chicken
and Cheese Nachos w/
MICHIGAN SALAD GREENS
Refried Bean

31

Taco Tuesday!
Chicken Quesadilla
MICHIGAN SALAD GREENS
Refried Bean

Wednesday

4

Hot Dog Bar with Chili
French Fries
JET'S Pizza Day!

11

Philly Cheesesteak
sandwich w/ Fries
JET'S Pizza Day!

18

Grilled Cheese w/
Tomato Soup
JET'S Pizza Day!

25

Greek Gyros
Rice Pilaf
JET'S Pizza Day!

Thursday

5

Macaroni and Cheese
Garlic Breadstick
MICHIGAN BROCCOLI

12

Cheese Ravioli
Garlic Breadstick
MICHIGAN BROCCOLI

19

Marinara Pasta w/
Meatballs
Garlic Breadstick
MICHIGAN BROCCOLI

26

Macaroni and Cheese
Garlic Breadstick
MICHIGAN BROCCOLI

Friday

6

General Tso Chicken
w/ rice and Stir-fried
Veggies & Eggroll

13

Teriyaki Chicken
w/ rice and Stir-fried
Veggies & Egg Roll

20

Orange Chicken
w/ rice and Stir-fried Veggies
and Egg Roll

27

1/2 day!
No Lunch!

All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white or chocolate milk

248.341.5671

DAILY LUNCH OPTIONS!

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

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

Popcorn Chicken Bowl : Lightly breaded crispy chicken bites served over creamy mashed potatoes, corn and gravy

Jet's Pizza: deep dish 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 homemade roll and butter

Chicken Patty Sandwich: lightly breaded white meat chicken on a whole grain bun with French Fries offered on the side as a Vegetable

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.

Hot Dog: All Beef Frank served on a WG Bun with French Fries offered on the Side

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

Burgers

All Beef Patty with our without American Cheese. Served on a WG Bun with French Fries offered on the Side as a Vegetable

Macaroni & Cheese: Homemade with cavatappi noodles served with garlic bread

Yogurt Plate: Greek Yogurt served with Grahams, Michigan Blueberries and Fresh cut Veggies with Ranch Dip

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

**NEW! scan
code to
preorder
deli
sandwich**



SCAN ME

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 request-
preorder required

Vegetarian and
Dairy Free options
available - preorder
required

DAIRY
free

gluten
FREE

100%
VEGETARIAN

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