

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

# MAY 2022 PREP MENU

## 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!

MONDAY - CHEESE, VEGGIE OR PEPPERONI PIZZA  
TUESDAY - CHICKEN PATTY SANDWICH  
WEDNESDAY - CHEESEBURGER OR VEGGIE BURGER  
THURSDAY - CHICKEN TENDERS  
FRIDAY - JET'S CHEESE, VEGGIE OR PEPPERONI PIZZA

ALL MEALS INCLUDE FRUIT AND VEGGIE OF THE DAY AND 1% WHITE OR CHOCOLATE MILK

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

## BREAKFAST

Assorted Breakfasts available daily including Fresh Bagels, Pop Tarts, Breakfast Breads, WG Donuts and much, much more!

All breakfasts include a 1/2 cup of Michigan fruit, juice and a 1% white or chocolate milk

Join us in learning about

**Michigan Produce!**

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

Michigan Fruit or Veggie offered Daily with every meal!

Gluten Free option available per medical request- preorder required



Vegetarian and Dairy Free options available - preorder required

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