

JUNE 2022 INTERNATIONAL ACADEMY LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

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

2 All Beef Hot Dog Chili French Fries

3 JET'S PIZZA DAY!

6 JET'S PIZZA DAY!

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

8 General Tso Chicken w/ rice and Stir-fried Veggies and Egg Roll

9 Grilled Cheese Tomato Soup

10 JET'S PIZZA DAY!

13 JET'S PIZZA DAY!

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

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

16-17
20-21 FINAL EXAMS!
No Lunch



HAPPY SUMMER!



All meals include Proteins & whole grains
At least 3/4 cup fruits and veggies and
1% white or chocolate milk

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

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

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

Nachos: Crispy Corn Tortilla Chips topped with chicken or beef and cheese. 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

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

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

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

Orange Chicken: Lightly breaded white meat crispy chicken, tossed with tangy orange sauce and served over brown rice with an egg roll

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

**FREE BREAKFAST
OFFERED DAILY!**
CHOICE OF BAGELS, POPTARTS,
GRANOLA BARS, AND MUFFINS
WITH CHOICE OF JUICE,
MICHIGAN FRUIT AND 1%
WHITE OR CHOCOLATE MILK

DAILY SPECIALS

MONDAY
WG DONUTS

TUESDAY
LARGE MUFFIN

THURSDAY
BREAKFAST CROISSANT

FRIDAY
YOGURT PARFAITS

**Join us in learning
about**

Michigan Produce!

**Carrots, Blueberries,
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

