



JUNE 2022 BOWERS LUNCH 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

Tuesday

Wednesday

Thursday

Friday

1
Hot Dog Bar with Chili
French Fries
JET'S Pizza Day!

2
Cheese Ravioli
Garlic Breadstick
MICHIGAN BROCCOLI

3
General Tso Chicken
w/ rice and Stir-fried
Veggies & Eggroll

6 Popcorn Chicken
Bowl
JET'S PIZZA DAY!

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

8 Greek Gyros
Rice Pilaf
JET'S Pizza Day!

9 Pasta w/ Meatsauce
Garlic Breadstick
MICHIGAN BROCCOLI

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

13
JET'S PIZZA DAY!
CHEF'S CHOICE

14-17

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

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

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

Fiesta Bar: Crispy Corn Tortilla Chips or soft shell tacos 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

Cheese Ravioli: Cheese stuffed Ravioli with Marinara Sauce served with garlic bread

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

**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

