

JUNE 2022 MIDDLE SCHOOL LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

1
All Beef Hot Dog
Carrots and Fries
MICHIGAN CHERRIES

2
Macaroni and Cheese
Garlic Breadstick
MICHIGAN VEGGIES

3
Popcorn Chicken Bowl
Mashed Potatoes, Corn
MICHIGAN BLUEBERRIES

6
JET'S Cheese Pizza
MICHIGAN SALAD
GREENS w/ RANCH

7 Beef or Chicken Tacos
Variety of Toppings
Refried Beans
MICHIGAN APPLE

8
Grilled Cheese
Tomato Soup
MICHIGAN CHERRIES

9
Cheese Cavatappi
Garlic Breadstick
MICHIGAN VEGGIES

10
Chicken Drumstick
Mashed Potatoes, Corn
MICHIGAN BLUEBERRIES

13
JET'S Cheese Pizza
MICHIGAN SALAD
GREENS w/ RANCH

14 Beef and Cheese
Nachos
Black Beans
MICHIGAN APPLE

15 All Beef Hot Dog
Carrots and Fries
MICHIGAN CHERRIES

16 CHEF'S CHOICE
MICHIGAN VEGGIES

17 *Last Day!
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

Chicken and Waffles: Lightly breaded white meat crispy chicken, served with Sweet Waffle, and Sweet potato fries

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

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.

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

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

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

BREAKFAST

Monday

Breakfast Bread

Tuesday

WG Donut

Wednesday

Pop Tart

Thursday

Breakfast Bar

Friday

Bagel and Cream Cheese

**All complete breakfasts
come with 100% Fruit
Juice, and/or Michigan
Fruit and 1% white or
chocolate milk**

**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

