

MARCH 2023 WING LAKE MENU

Full Pay Lunch - \$3.40

11am-12:30pm

Full Pay Breakfast \$1.85

Delivered to classrooms at school start time

There will be no charge for reduce price meals throughout the remainder of the 22-23 school year

Monday

Tuesday

Wednesday

Thursday

Friday

1 EMOJI 
Waffle & Chix
Sweet Potato Fries
MICHIGAN CHERRIES

2 Cheese Pizza
MICHIGAN SALAD
Apple Sauce Cup

3 Grilled Cheese
Broccoli Soup
MICHIGAN APPLE

6 Chicken Tenders
French Fries
MICHIGAN APPLE SLICES

7 Bean and Cheese Burrito
Cheese Stick/Salsa
MICHIGAN BLUEBERRIES

8 All Beef Hot Dog
Mini Carrots
MICHIGAN CHERRIES

9 Cheese Pizza
MICHIGAN SALAD
Apple Sauce Cup

10 Bosco Sticks
Marinara Sauce
MICHIGAN APPLE

13 Cheese Ravioli
Breadstick
Fresh Broccoli
MICHIGAN APPLE SLICES

14 2 Beef Tacos
Refried Beans/Salsa
MICHIGAN BLUEBERRIES

15 EMOJI 
Waffle & Chix
Sweet Potato Fries
MICHIGAN CHERRIES

16 Cheese Pizza
MICHIGAN SALAD
Apple Sauce Cup

 **17** Grilled Cheese
Broccoli Soup
MICHIGAN APPLE

20 Chicken Patty Sandwich
French Fries
MICHIGAN APPLE SLICES

21 Cheese Quesadilla
Black Beans/Salsa
MICHIGAN BLUEBERRIES

22 Try Something New!
Turkey Burger
on a WG Bun w/ Fries
MICHIGAN CHERRIES

23 Cheese Pizza
MICHIGAN SALAD
Apple Sauce Cup

24 Bosco Sticks
Marinara Sauce
MICHIGAN APPLE

27-31

SPRING BREAK - NO SCHOOL!



All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white or chocolate milk

2 4 8 . 3 4 1 . 5 6 7 1

Jets Pizza
Crispy Deep Dish Cheese Pizza with Jet's famous sauce!
Cheeseburger
All Beef Patty with American Cheese on a WG bun
Chicken Tenders
All White Meat Lightly Breaded Chicken Strips
All Beef Hot Dog
Served on a WG bun
WOW! Butter and Jelly Sandwich
Soy Butter and Jelly on WG Bread
Served with Michigan Carrots and sliced Apples

NEW! EMOJI Waffle and Chix

Crisp, chicken Tender served with EMOJI Waffle and Syrup cup

Try Something New!

Turkey Burger Waffle Sandwich
Grilled Turkey Burger between 2 crisp waffles with tangy coleslaw

Yogurt Plate offered Daily!

Creamy Yogurt served with fresh cut carrots crunchy grahams and an Apple Bag

Bosco Sticks
Mozzerella cheese filled breadsticks served with Marinara Sauce
Grilled Cheese
Creamy Cheese in a Grilled sandwich served with Creamy Tomato Soup
Mini Corn Dogs
Mini Turkey hotdogs battered in a crispy whole grain Corn Bread Batter
Bagel and Cream Cheese Meal
Whole Grain Bagel, Cream cheese cup and Turkey stick served with Michigan Carrots and Juice Box
Cheese Quesadilla
Grilled Flour Tortilla stuffed with Creamy Cheese served with Salsa
Cheese Quesadilla
Grilled Flour Tortilla stuffed with Creamy Cheese served with Salsa
Chicken Patty Sandwich
All White Meat Lightly Breaded Chicken Served on a WG Bun

Orange Chicken
Crispy battered chicken bites glazed in a sweet orange sauce, served over rice with Asian mixed Veggies

\$1.85 BREAKFAST

Monday
Cereal Bar w/ Applesauce

Tuesday
MI Blueberry Yogurt Parfait

Wednesday
WG Goodie Ring w/ Fruit cup

Thursday
Benefit Bar w/ Apple Bag

Friday
Smoothie/WG muffin
Breakfasts come with a juice box and 1% white or chocolate milk

Fruit and Veggie Bar!

Offered Daily

Includes Michigan Produce such as Blueberries, Cherries, Michigan Lettuce, Legumes and Apples

plus MUCH more Fruits and Veggies to Choose from!



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