

MARCH 2023 PREP MENU

Full Pay Lunch -

\$3.90 - \$4.25

Full Pay Breakfast

\$2.00

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

Monday

Tuesday

Wednesday

Thursday

Friday

Fish and/or Vegetarian items will also be offered Fridays during Lent

6 Chicken Drumsticks served w/ mashed potatoes and Breadstick

7 Beef or Chicken Nachos w/ Toppings Refried Beans

8 Greek Beef Gyro w/ Tzakti Sauce & Fries
JET'S Pizza Day!

2 Pasta w/ Marinara and Meatballs served w/ Garlic Breadstick
MICHIGAN BROCCOLI

3 Orange Chicken w/ WG rice and Stir-fried Veggies/eggroll

13 BBQ Drumsticks served w/roasted potatoes and Breadstick

14 Taco Tuesday!
Turkey & Cheese Enchiladas
MICHIGAN SALAD GREENS
Refried Bean

15 Try Something New!
Turkey Burger
Waffle Sandwich
JET'S Pizza Day!

16 Cheese Ravioli
Garlic Breadstick
MICHIGAN BROCCOLI

17 General Tso Chicken w/ rice and Stir-fried Veggies/eggroll

20 Popcorn Chicken Bowl, Roll w/ mashed potatoes, gravy and Corn

21 Beef or Chicken Nachos w/ Toppings Refried Beans

22 Chicken Schwarma w/ Tzakti Sauce & Fries
JET'S Pizza Day!

23 Pierogi and Sausage with Garlic Breadstick
MICHIGAN BROCCOLI

24 **1/2 Day!**
No Lunch!

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

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

Chicken Schwarma

Seasoned Chicken served on a whole grain Pita with tangy cucumber sauce and optional diced tomatoes and onions
Served with Crispy French Fries

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

Chicken Alfredo Pasta

Al Dente Pasta tossed with creamy Alfredo cheese sauce and topped with diced white meat chicken served with Broccoli and garlic breadstick

Bosco Cheese Sticks: Whole grain bread sticks filled with mozzarella cheeses, baked and topped with parmesan cheese, served with marinara sauce

Chicken Patty Sandwich: lightly breaded white meat chicken on a whole grain bun with French Fries offered on the side as a Vegetable

Chicken Tenders: Lightly breaded white meat crispy chicken, served with homemade roll and butter

Fiesta Bar

2 flour or corn tortilla chips filled with chicken or beef, topped with cheese with 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

Try Something New!

Turkey Burger Waffle Sandwich

Grilled Turkey Burger between 2 crisp waffles with tangy coleslaw and spicy honey sriracha sauce

Burgers

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

Pierogi and Sausage

Cheese filled pierogi dumplings topped with sliced smoked sausage and served with a Garlic Breadstick and fresh roasted veggies

Pasta Bar

Your choice of Pasta topped with marinara sauce or Alfredo and choice of meatballs or chicken served with Broccoli and garlic breadstick

Philly Cheese Steak

Thin slice beef served on a whole grain bun with provolone cheese and optional grilled peppers and onions Served with Crispy French Fries

Beef Gyros

Thin sliced Gyro Meat served on a whole grain Pita with tangy cucumber sauce and optional diced tomatoes and onions Served with Crispy French Fries

Fruits and Veggies!

Offered Daily

Includes Michigan Produce such as Blueberries, Cherries, Michigan Lettuce, Legumes and Apples
plus MUCH more Fruits and Veggies to Choose from!

BREAKFAST

\$2.00

DAILY SPECIALS

YOUR CHOICE OF

YOGURT PARFAITS

SMOOTHIES

HOMEMADE MUFFINS

BAGELS AND CREAM CHEESE

DONUTS

CEREAL, AND CEREAL BARS

ALL COMPLETE BREAKFASTS

INCLUDE CHOICE OF MICHIGAN PRODUCE,

JUICE AND

1% WHITE OR CHOCOLATE MILK

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