



# SEPTEMBER 2023 WING LAKE MENU

FREE Breakfast Delivered to classrooms  
when school starts  
FREE Lunch - 11:00am - 12:30am  
All meals include Proteins & whole grains  
At must include at least 3/4 cup fruits and/or  
veggies  
and 1% white or chocolate milk

## Monday

4

**Happy  
Labor Day!**



## Tuesday

5

Wow Butter Sandwich  
Broccoli & Cheese Soup  
**MICHIGAN BLUEBERRIES**

## Wednesday

6

Cheeseburger  
French Fries  
**MICHIGAN CHERRIES**

## Thursday

7

Orange Chicken w/ Rice  
Served with WG rice, Asian  
Veggie Mix

## Friday

8

Cheese Pizza  
**MICHIGAN SALAD**  
Apple Sauce Cup

11

French Toast w/ Turkey  
Sausage  
Hashbrown Potatoes

12

Pasta w/ Meatballs,  
Marinara  
and Garlic Bread  
**MICHIGAN BLUEBERRIES**

13

Chicken Tenders  
French Fries  
**MICHIGAN CHERRIES**

14

Chicken Drumstick  
Mashed Potatoes/Gravy  
**MICHIGAN APPLE SLICES**

15

Cheese Pizza  
**MICHIGAN SALAD**  
Apple Sauce Cup

18

Mini Turkey Corndogs  
**MICHIGAN BROCCOLI  
SOUP**

19

Beef & Cheese Nacho  
w/ refried Beans, Sour  
Cream and Salsa  
**MICHIGAN BLUEBERRIES**

20

Popcorn Chicken Bowl  
w/ mashed potatoes,  
corn and Gravy  
**MICHIGAN CHERRIES**

21

Grilled Cheese  
Tomato Soup  
**MICHIGAN APPLE**

22

Bosco Sticks  
Marinara Sauce,  
Fruitcup  
**MICHIGAN SALAD**

25

**No  
School!**

26

Meatloaf Burger  
**MICHIGAN  
BLUEBERRIES**

27

Emoji Waffles and Chicken  
**MICHIGAN CHERRIES**

28

Chicken Tenders  
French Fries  
**MICHIGAN APPLE SLICES**

29

Cheese Pizza  
**MICHIGAN SALAD**  
Apple Sauce Cup

Bloomfield Hills Schools is providing  
2023-24 FREE Michigan Meals for All to students from Pre-K to 12th grade this school year!  
Make sure to take advantage of this amazing program!  
All complete breakfasts and lunches are FREE!  
Only one breakfast and lunch per student per day  
Ala carte options will be available at an extra charge - Adult Meals - \$5.50

248.341.5671



Popcorn Chicken Bowl  
Crispy Popcorn Chicken over Creamy  
Mashed Potatoes topped with Corn  
and Chicken Gravy

Chicken Tenders  
All White Meat Lightly Breaded Chicken Strips  
Served with a whole grain Muffin

Grilled Cheese Sandwich  
Crisp, cheesy toasted sandwich served with  
Tomato Soup

WOW! Butter and Jelly Sandwich  
Soy Butter and Jelly on WG Bread served with  
fresh cut carrots and appleslices

**EMOJI Waffle and Chix**  
Crisp, chicken Tender served with EMOJI  
Waffle, Syrup cup

Mini Corn Dogs  
Mini Turkey hotdogs battered in a  
crispy  
whole grain Corn Bread Batter served  
with Creamy Broccoli Cheddar Soup

Cheese Pizza  
Whole Grain individual deep dish Cheese Pizza

Bosco Sticks  
Mozzarella cheese filled breadsticks served  
with Marinara Sauce

Macaroni and Cheese  
Macaroni noodles tossed in creamy cheese  
sauce served with breadstick andsteamed  
broccoli

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

**FREE  
BREAKFAST**  
**Choice of**  
**Cinnamon Apple**  
**Oatmeal Yogurt Plate,**  
**Pop Tart**  
**Cereal (DF) or Cereal**  
**Bar**  
**Served with 100%**  
**Fruit Juice, Michigan**  
**Fruit and 1% White or**  
**Chocolate Milk**

**Join us in learning  
about**

**Michigan Produce!**

**A variety of either**  
**Carrots, Blueberries,**  
**Apples, Salad Greens,**  
**Sweet Potatoes and Root**  
**Vegetable Medley are**  
**offered daily with meals**



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**