



SEPTEMBER 2023 HIGH SCHOOL MENU

Breakfast - 7:30am/9:25am

Lunch - 11am - 1:15pm

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

Beef and Cheese Nachos
MICHIGAN SALAD GREENS
Refried Bean

Wednesday

6

Meatball Grinder
JET'S Pizza Day!

Thursday

7

Chicken Alfredo Pasta
Garlic Breadstick
MICHIGAN BROCCOLI

Friday

8

Teriyaki Chicken
w/ WG rice and Stir-
fried Veggies

11

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

12

Cheese Quesadillas
served with Pico corn,
Refried Beans and Churros

13

Chicken Schwarma
sandwich w/ Fries
JET'S Pizza Day!

14

Marinara Pasta w/
Meatballs
Garlic Breadstick
MICHIGAN BROCCOLI

15

Orange Chicken
w/ WG rice and Stir-
fried Veggies

18

Crispy Chicken
Drumstick, Roll
w/ mashed potatoes
MICHIGAN VEGGIES

19

Nacho Dorito Bowl
w/ MICHIGAN SALAD
GREENS
Refried Bean

20

Grilled Cheese sandwich
w/ Tomato Soup
JET'S Pizza Day!

21

Cheese Lasagna
Garlic Breadstick
MICHIGAN
BROCCOLI

22

General Tso Chicken
w/ WG rice and Stir-
fried Veggies

25

No
School!

26

Chicken Enchilada w/
MICHIGAN SALAD GREENS
Refried Bean

27

Chicken Waffle
Sandwich
JET'S Pizza Day!

28

Buffalo Chicken
Mac & Cheese served w/
Crispy Buffalo Chix Bites

29

Chicken Thai Bowl
Crisp Chicken over WG
Rice with a Thai Chili
Sunbutter Sauce

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

DAILY LUNCH OPTIONS!

**CHICKEN PATTY SANDWICH - SPICY AND REGULAR
CHICKEN TENDERS
GRILLED BURGERS, CHEESEBURGERS, BOSCO STICKS, PIZZA
VARIETY OF ENTREE SALADS AND
GRAB AND GO SUBS AND WRAPS
AND MUCH MORE!!**

Buffalo Chicken Mac & Cheese
Creamy Mac & Cheese served with
Crispy Chicken bites and Buffalo
Sauce

Vegan Nuggets
Breaded Veggie Nuggets seasoned
and baked to taste like Chicken!

Pulled Pork sandwich
Tangy Shredded Pork on a WG Bun
served with Baked Beans

Crispy Fish Sticks
Lightly Breaded and Baked Pollock
served with Fries

Nacho Dorito Taco Bowl
Beef and Cheese filled Doritos
Served with refried beans

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

Meatball Grinder
Meatballs tossed in Marinara
topped with melted Mozzarella
cheese and topped with optional
Peppers & Onions with Fries

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

Bosco Sticks
Mozzerella cheese filled WG
breadsticks served with Marinara
Sauce

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

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

Chicken and Waffle Sandwich
Crispy Chicken sandwiched
between 2 Waffles with optional
Coleslaw and a variety of toppings

Flat Bread Chicken Cheddar Melt
Goopy Cheddar Cheese melted
over Popcorn Chicken Bites
between WG Flatbread Served
with Tater Tots

Chicken Thai Rice Bowl
Crispy Chicken over WG Rice
Tossed in a Thai Sun Butter Sauce

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

**NEW! scan
code to
preorder
deli
sandwich**



SCAN ME

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!

BREAKFAST

DAILY SPECIALS

TURKEY/CHEESE CROISSANT

YOGURT PARFAITS

HOMEMADE MUFFINS

BAGELS AND CREAM CHEESE

DONUTS

CEREAL, CEREAL BARS AND MUCH MORE

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