# aramark

# SEPTEMBER 2023 PREP MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| **4** Happy Labor Day! | **5** Beef and Cheese Nachos MICHIGAN SALAD GREENS Refried Bean | **6** Meatball Grinder JET'S Pizza Day! | **7** Chicken Alfredo Pasta Garlic Breadstick MICHIGAN BROCCOLI | **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!

**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**

## BREAKFAST

**Assorted Breakfasts available daily including Fresh Bagels, Pop Tarts, Breakast Breads, WG Donuts and much, much more!**
**All breakasts include a 1/2 cup of Michigan fruit, juice and a 1% white or chocolate milk**

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 Mozzerella 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

Marinara Pasta with Beef Meatballs served with Broccoli and garlic breadstick

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

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

Flat Bread Chicken Cheddar Melt
Gooey 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

## Join us in learning about
### Michigan Produce!

**Including but not limited to Carrots, Blueberries, Apples, Salad Greens, Sweet Potatoes and Root Vegetable Medley**

**Michigan Fruit or Veggie offered Daily with every meal!**

DAIRY Free — Gluten Free option available per medical request- preorder required

Gluten FREE — Vegetarian and Dairy Free options available - preorder required

100% VEGETARIAN