

OCTOBER 2023 WING LAKE MENU

FREE Breakfast Delivered to classrooms
when school starts
FREE Lunch - 11:00am - 12:30am

Monday

2
Bean and Cheese Burrito
served with Cheese Stick
and Salsa

9
Chicken Tenders
Serve with French Fries

16
French Toast w/
Turkey Sausage
Hashbrown Potatoes

23
Mini Turkey Corn Dogs
w/French Fries

30 Cheese Quesadilla
served with
Salsa/Sour Cream
& Black Beans

Tuesday

3 **1/2 Day!**
NO LUNCH!

10
Chicken Parmesan
Served with Garlic Roll

17
Pasta w/ Meatballs,
Marinara
and Garlic Bread

24
Beef & Cheese Nachos
Salsa/Sour Cream
and Refried Beans

31 **1/2 Day!**
NO LUNCH!

Wednesday

4
Wow Butter Sandwich
served with Broccoli &
Cheese Soup

11
Cheeseburger served
with Smile Potatoes

18
Macaroni and Cheese
w/ Broccoli and
WG Roll

25
Popcorn Chicken Bowl
Mashed Potatoes, Corn
and Gravy

Thursday

5
**EGGOJI Waffles &
Chicken** 🥞

12
Orange Chicken w/ Rice
Served with WG rice, Asian
Veggie Mix

19
Chicken Drumstick
Mashed Potatoes and
Green Beans

26
Grilled Cheese Sandwich
Served with Creamy Tomato
Soup

Friday

6
Cheese Bosco Sticks
Served with Marinara
& MICHIGAN SALAD

13
Cheese Pizza served
with
MICHIGAN SALAD

20
Cheese Bosco Sticks
Served with Marinara
& MICHIGAN SALAD

27
Cheese Pizza served
with
MICHIGAN SALAD

Yogurt Plate offered Daily!!

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.

248.341.5671



Orange Chicken

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

Chicken Parmesan

Crispy white meat chicken topped with Marinara Sauce and melted mozzarella cheese and garlic roll

Cheeseburger

Juicy all Beef burger with melted American Cheese
Served on a WG bun with Smile Potatoes

Bosco Sticks

Mozzerella cheese filled breadsticks served with Marinara Sauce

Beef and Cheese Nachos

Corn Tortilla Chips served with Seasoned Beef and Creamy Cheese
Served with refried beans Salsa and Sour Cream

Cheese Quesadilla

Grilled Tortilla filled w/ Creamy Cheese
Served with Salsa cup and Sour Cream and Black Beans

French Toast Sticks

Served with turkey sausage patties and crispy Hashbrowns

EMOJI Waffle and Chix



Crisp, chicken Tender served with EMOJI Waffle, Syrup cup

Chicken Tenders

All White Meat Lightly Breaded Chicken Strips
Served with WG muffin

Grilled Cheese Sandwich

Crisp, cheesy toasted sandwich served with Tomato Soup

Popcorn Chicken Bowl

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

Bean Burrito

Creamy refried beans and cheddar cheese wrapped in a WG tortilla
Served with Cheese Stick and Salsa

Macaroni and Cheese

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

WOW! Butter and Jelly Sandwich

Soy Butter and Jelly on WG Bread served with Creamy Broccoli and Cheese Soup

Chicken Drumstick

Crispy breaded chicken leg served with Mashed Potatoes, Chicken Gravy and Green Beans
Cheese Pizza

Whole Grain individual deep dish Cheese Pizza served with crispy Romaine Salad

Offered Daily - Yogurt Plate

Creamy Yogurt Cup with Grahams, Apple Bag and choice of Veggie

MENU SUBJECT TO CHANGE WITHOUT NOTICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**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

