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

9Chicken Tenders Serve with French Fries

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

Pasta w/ Meatballs, Marinara and Garlic Bread

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

³¹ 1/2 Day! NO LUNCH!

Wednesday

Wow Butter Sandwich served with Broccoli & Cheese Soup

11 Cheeseburger served with Smile Potatoes

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

Chicken Drumstick Mashed Potatoes and Green Beans

26Grilled Cheese Sandwich Served with Creamy Tomato Soup

Friday

6 Cheese Bosco Sticks Served with Marinara & MICHIGAN SALAD

Cheese Pizza served with

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

aramark

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

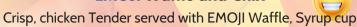
Bosco Sticks
Mozzerella cheese filled breadsticks
served with Marinara Sauce

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



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 andsteamed 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

Join us in learning about

Fruit and 1% White or

Chocolate Milk

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 requestpreorder required



Vegetarian and
Dairy Free options
available - preorder
required

