

OCTOBER 2023 PREP MENU

All complete meals Free
throughout the 2023-24
school year!

Monday

2 **EGGOGI**
Waffles and
Chicken 🤪

9 Meatball Grinder
with optional grilled
peppers and Onions

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

23 Crispy Chicken
Drumstick, Roll
w/ mashed potatoes
MICHIGAN VEGGIES

30 BBQ Chicken Drumstick,
Roll
w/ mashed potatoes
MICHIGAN VEGGIES

Tuesday

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

10 Beef and Cheese Nachos
MICHIGAN SALAD GREENS
Refried Bean

17 Cheese Quesadillas
served with Pico corn,
Refried Beans and Churros

24 Beef and Cheese Nachos
MICHIGAN SALAD GREENS
Refried Bean

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

Wednesday

4 Chicken Swarma
sandwich w/ Fries
JET'S Pizza Day!

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

18 Philly Cheese Steak
sandwich w/ Fries
JET'S Pizza Day!

25 Beef Gyro sandwich
w/ Fries
JET'S Pizza Day!

Thursday

5 Peirogi and Sausage
Garlic Breadstick
MICHIGAN BROCCOLI

12 Chicken Alfredo Pasta
Garlic Breadstick
MICHIGAN BROCCOLI

19 Marinara Pasta w/
Meatballs
Garlic Breadstick
MICHIGAN BROCCOLI

26 Cheese Lasagna
Garlic Breadstick
MICHIGAN BROCCOLI

Friday

6 Orange Chicken
w/ WG rice and Stir-
fried Veggies

13 Teriyaki Chicken
w/ WG rice and Stir-
fried Veggies

20 Orange Chicken
w/ WG rice and Stir-
fried Veggies

27 Mac and Cheese
w/ Buffalo Chicken
and Broccoli

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



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

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

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

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

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

Beef Gyro
 Seasoned shave beef strips served on a whole
 grain Pita with tangy cucumber sauce and
 optional diced tomatoes and onions
 Served with Crispy French Fries

Philly Steak and Cheese
 Shaved seasoned beef on a WG sub bun
 topped with melted Mozzarella cheese and
 optional Peppers & Onions with Fries



EGGOJI Waffles and Chicken

2 animated WG Waffles
 served with turkey sausage patties
 and Syrup cup

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

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

Pulled Pork sandwich
 served with Baked Beans

Lasagna
 Cheese Filled Pasta rolls topped with
 marinara sauce served with Broccoli and
 garlic breadstick

Peirogi and Sausage
 Potato and Cheese filled dumplings served
 with Smoked sausage
 and garlic breadstick

Chicken Alfredo Pasta
 Al Dente Pasta topped with creamy
 Parmesan Cheese sauce and grilled
 chicken. Served with Broccoli and garlic
 breadstick

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

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

Beef and Cheese Nachos
 Beef and Cheese on Crispy tortilla chips
 with optional toppings
 Served with refried beans

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

Bosco Sticks
 Mozzarella cheese filled WG
 breadsticks served with Marinara
 Sauce

Teriyaki Chicken
 Grilled chicken bites glazed in a
 savory Teriyaki sauce, served over
 rice with Asian mixed Veggies

General Tso Chicken
 Crispy battered chicken bites glazed in a
 Tangy sweet & spicy sauce, served over
 rice with Asian mixed Veggies

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

BREAKFAST

Assorted Breakfasts
 available daily including
 Fresh Bagels, Pop Tarts,
 Breakfast Breads, WG
 Donuts and much, much
 more!

All breakfasts include a
1/2 cup of Michigan fruit,
juice and a 1% white or
chocolate milk

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!



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