

# NOVEMBER 2023 PREP MENU

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

Monday

Tuesday

Wednesday

Thursday

Friday

**6** **EGGOGI**  
Waffles and  
Chicken 

**7** **NO  
SCHOOL!**

**1**  
Chicken Waffle  
sandwich w/ Fries  
**JET'S Pizza Day!**

**2** Buffalo Chicken Mac &  
Cheese  
Garlic Breadstick  
**MICHIGAN BROCCOLI**

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

**13** Meatball Grinder  
with optional grilled  
peppers and Onions

**14**  
Beef and Cheese Nachos  
**MICHIGAN SALAD GREENS**  
Refried Bean

**8** Chicken Scherma  
sandwich w/ Fries  
**JET'S Pizza Day!**

**9** Peirogi and Sausage  
Garlic Breadstick  
**MICHIGAN  
BROCCOLI**

**10** Orange Chicken  
w/ WG rice and Stir-  
fried Veggies

**20** Roast Turkey Dinner,  
Roll  
w/ mashed potatoes,  
gravy and Corn

**21**  
Cheese Quesadillas  
served with Pico corn,  
Refried Beans and Churros

**15**  
Grilled Cheese sandwich  
w/ Tomato Soup  
**JET'S Pizza Day!**

**16** Chicken Alfredo Pasta  
Garlic Breadstick  
**MICHIGAN BROCCOLI**

**17** Teriyaki Chicken  
w/ WG rice and Stir-  
fried Veggies

**27** Crispy Chicken  
Drumstick, Roll  
w/ mashed potatoes  
**MICHIGAN VEGGIES**

**28**  
Walking Tacos  
**MICHIGAN SALAD GREENS**  
Refried Bean

**22** **NO  
SCHOOL!**

**Happy  
Thanksgiving** 

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

**30** Cheese Lasagna  
Garlic Breadstick  
**MICHIGAN  
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

aramark



## 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**

### Meatball Grinder

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

### Jets Pizza

Crispy Deep Dish Cheese Pizza with Jet's famous sauce!

### Chicken Tenders

All White Meat Lightly Breaded Chicken Strips  
Served with WG muffin

### Walking Tacos

Beef and Cheese over Crispy Fritos  
Served with refried beans and Toppings

### EGGOJI Waffle and Sausage

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

### 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

### Chicken and Waffle Sandwich

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

### 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

### Popcorn Chicken Bowl

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

### Roast Turkey Dinner

Tender Sliced Turkey in Gravy  
Served with Mashed Potatoes, Gravy and a Corn Muffin

### Bosco Sticks

Mozzerella cheese filled breadsticks served with Marinara Sauce

### Orange Chicken

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

### Chicken Patty Sandwich

All White Meat Lightly Breaded Plain or spicy Chicken Patty Served on a WG Bun

### Chicken and Waffle Sandwich

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

### Lasagna

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

### Grilled Cheese Sandwich

Crisp, cheesy toasted sandwich served with Tomato Soup

### Chicken Drumstick

Breaded Chicken Drumstick  
Served with Mashed Potatoes, Gravy and Corn

## 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**