JANUARY 2024 WING LAKE MENU

FREE Breakfast Delivered to classrooms when school starts

FREE Lunch - 11:00am - 12:30am

Thursday Monday Tuesday Wednesday Friday 12 10 **Beef & Cheese Tacos** Mini Turkey Corn Dogs Cheese Bosco Sticks Cheesy Broccoli Soup 1/2 Day! Salsa/Sour Cream **Baked Beans** Served with Marinara w/ Garlic Knot **NO LUNCH!** Fruit Cup 17 Macaroni and Cheese 18 NO Cheese Pizza served French Toast w/ Orange Chicken Served with Fresh with Turkey Sausage Rice/Asian Veggies **SCHOOL!** Broccoli, Garlic Knot MICHIGAN SALAD Hashbrown Potatoes 23 Beef & Cheese Nachos **22** Chicken Tender/Muffin 25 26 **EGGOJI Waffles &** Cheese Bosco Sticks Chicken Sliders Salsa/Sour Cream Chicken **Smile Potatoes**

Meatloaf Burger Tater Tots

15

Pasta w/ Marinara and Meatballs & Garlic Knot

Refried Beans

31 Cheeseburger served with Smile Potatoes

Smile Potatoes

Served with Marinara & Broccoli

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.

1% White or Chocolate Milk offered with both Breakfast and Lunch!



Beef and Cheese Tacos Soft Flour Tortillas with Seasoned Beef and Shredded Cheddar Cheese, served with Salsa and Sour Cream

Chicken Tenders All White Meat Lightly Breaded Chicken Strips Served with WG muffin



EMOJI Waffle and Chix

Crisp, chicken Tender served with EMOJI Waffle, Syrup cup

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

Macaroni and Cheese Macaroni noodles tossed in creamy cheese sauce served with Steamed Broccoli a WG Roll

Beef and Cheese Nachos Corn Tortilla Chips with Creamy Cheese and Seasoned Beef served with Salsa and Sour Cream

Meatloaf Burger Juicy Meatloaf stuffed with Cheese and tangy Ketchup Served on a WG bun with Smile Potatoes

Chicken Patty Sliders 2 mini chicken burgers on WG Buns

Pasta with Meatballs Penne Pasta noodles tossed in Marinara sauce served with a Garlic Bread Knot

Broccoli and Cheese Soup Creamy Broccoli and Cheese Soup served with a soft buttery Garlic Knot

Bosco Sticks Mozzerella cheese filled breadsticks served with Marinara Sauce

French Toast Sticks Served with turkey sausage patties and crispy Hashbrowns

> Mini Corn Dogs Mini Turkey hotdogs battered in a crispy whole grain Corn Bread Batter served with Vegetarian Baked Beans

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

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

FREE BREAKFAST

Monday - Breakfast Pizza Tuesday - Breakfast Bagel Wednesday - Pancakes Thursday - Breakfast Burrito Friday - Mini Waffles **Plus Yogurt Plates** Cereal & Cereal Bars Served with 100% Fruit Juice, Michigan Fruit and 1% White or Chocolate Milk

Michigan Produce! And More!!

In addition to hot veggies, A variety of either Carrots, Blueberries, Cherries, Apples, Applesauce, Oranges, Bananas, Salad Greens, Broccoli. Legumes, Fresh cut Veggies, Sweet Potatoes, Root Vegetable Medley and 100% Fruit Juice are offered daily with meals



Gluten Free option available per medical requestpreorder required



Vegetarian and Dairy Free options

% available - preorder

required

1% White or Chocolate Milk offered with both Breakfast and Lunch! MENU SUBJECT TO CHANGE WITHOUT NOTICE THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVÍDER