# SEPTEMBER 2024 WING LAKE MENU

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

# Monday

# HAPPY XXLABOR DAY!

9
Beef & Cheese Tacos
Salsa/Sour Cream
Refried Beans

Macaroni and Cheese
w/ Broccoli and
WG Roll

23

Chicken Tender/Muffin Steamed Carrots

**30** 

Waffles & Chicken w/ Sweet Potato Fries

## Tuesday

Cheesy Fish Sandwich or Chicken Tenders w/ Steamed Veggies

10

Mini Turkey Corn Dogs w/Mixed Vegetables

17

Broccoli Cheese Soup Garlic Bread Sweet Potato Fries

24

Pasta w/ Marinara and Meatballs & Garlic Knot

## Wednesday

4 Cheeseburger served with Vegetarian Baked Beans

11

Meatloaf Burger Tater Tots

18

Bean and Cheese Burrito served with Cheese Stick and Salsa

**25** 

Chicken Patty Sandwich Baked Beans

# Thursday

Cheese Cavatappi served w/ Broccoli and Garlic Bread

12

Chicken Sliders w/ Sweet Potatoes

19

Belgium Waffle w/ Turkey Sausage Hashbrown Potatoes

26

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

# Friday

Bosco Sticks w/ Marinara and Smile Potatoes

13

Cheese Pizza With Broccoli

20

Bosco Sticks w/ Marinara and Smile Potatoes

27

Cheese Pizza With Broccoli

Bloomfield Hills Schools is providing

2024-25 FREE Michigan Meals for All to students from Pre-K4 to 12th grade again this school year! Ala carte will be offered at an extra cost in most locations

All meals include Proteins & whole grains
At least 1/2 cup fruits and veggies and
1% white or Chocolate milk



#### Cheeseburger

Beef burger on a WG Bun topped with American cheese

#### **Chicken Patty Sliders**

Tiny Chicken Sausages on WG Slider Buns Served w/ Sweet Potatoes

#### **Bosco Sticks**

Mozzarella cheese filled breadsticks served with Marinara Sauce and Smile Potatoes

#### Cheese Pizza

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

#### **Mini Corn Dogs**

Mini Turkey hotdogs battered in a crispy whole grain Corn Bread Batter served with Mixed Veggies

#### **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 Steamed Broccoli a WG Roll

#### **Cheesy Cavatappi**

Cavatappi noodles tossed in creamy white cheese sauce served with Steamed Broccoli a WG Muffin

#### **Broccoli and Cheese Soup**

Creamy Broccoli and Cheese Soup served with soft buttery Garlic Bread and Sweet Potato Fries

#### **Meatloaf Burger**

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

#### **Beef and Cheese Tacos**

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

#### **Belgium Waffle**

Served with turkey sausage patties and crispy Hashbrowns

#### **Cheesy Fish Sandwich**

Lightly Breaded Haddock Fillet topped w/ American Cheese, served with Steamed Veggies

## **Option 2 Daily - Yogurt Plate**

Creamy Yogurt Cup, Soft Pretzel, and Cheese dipping cup
ALL COMPLETE MEALS COME WITH CHOICE OF 1% WHITE OR CHOCOLATE MILK AND
CHOICE OF FRUITS AND VEGGIES

MENU SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

#### 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

# Join us in learning about Michigan Produce!

Seasonal Carrots, Blueberries, Apples, Salad Greens, Sweet Potatoes and Much More!



Gluten Free option available per medical requestpreorder required



Vegetarian and Dairy Free options available - preorder required

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