

# OCTOBER 2024 PREP MENU

All complete meals Free throughout the  
2024-25 school year!  
Lunch Delivered Daily by 11am  
Preorder Breakfast the day before to  
be there in the morning for your student

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1** Chicken Quesadilla  
served with Rice, Pico  
Corn and Refried Beans

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

**3** **No  
School!**

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

**7** Crispy Chicken  
Drumstick, Roll  
w/ mashed potatoes  
and Gravy

**8** Dorito Taco Cheese Bowl  
Served with Black Beans  
and Churros

**9** **1/2 Day!  
NO HOT LUNCH!**

**10** Beef or Cheese Lasagna  
Garlic Breadstick  
MICHIGAN BROCCOLI

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

**14** BBQ Chicken Drumstick  
w/ mashed potatoes  
and Gravy

**15** Turkey Barbacoa Tacos  
WG Rice and  
Refried Beans

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

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

**18** Chicken Thai Bowl  
Crisp Chicken over WG  
Rice with a Thai Chili  
Sunbutter Sauce

**21** Waffles and  
Chicken  
Sweet Potato Fries

**22** Beef & Cheese Tatchos  
served with Corn and a  
variety of toppings

**23** Meatball Grinder  
w/ Fries  
JET'S Pizza Day!

**24** Mac & Cheese  
Steamed Broccoli and  
Garlic Bread

**25** Chicken Teriyaki  
served w/ Rice  
Served with WG rice and  
Asian Veggie Mix

**28** Loaded Popcorn Chicken  
Cheese Tot Bowl

**29** Beef & Cheese Nachos  
served with corn  
Refried Beans

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

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

Bloomfield Hills Schools is providing  
2024-25 FREE Michigan Meals for All to students from Pre-K4 to 12th grade  
again this school year!  
All meals include Proteins & whole grains  
At least 1/2 cup fruits and veggies and  
1% white or Chocolate milk

248.341.5671  
aramark 

## DAILY LUNCH OPTIONS!

MONDAY - CHEESE, VEGGIE OR PEPPERONI PIZZA

TUESDAY - CHICKEN PATTY SANDWICH

WEDNESDAY - JETS CHEESE, VEGGIE OR PEPPERONI PIZZA

THURSDAY - CHICKEN TENDERS

FRIDAY - HOUSE MADE PIZZA

ALL MEALS INCLUDE FRUIT AND VEGGIE OF THE DAY AND  
1% WHITE OR CHOCOLATE MILK

### Chicken & Cheese Quesadilla

Flour Tortilla grilled with white meat  
Chicken and Cheddar Cheese  
Served with WG Rice & Refried Beans

### Philly Steak and Cheese

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

### Orange Chicken

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

### Chicken Drumstick

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

### Dorito Taco Cheese Bowl

Crispy Baked Nacho Cheese Doritos  
Topped with Beef and Cheese Sauce  
Served with refried beans

### Beef or Cheese Lasagna

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

### General Tso Chicken

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

### BBQ Chicken Drumstick

Chicken leg glazed in Sweet BBQ Sauce  
served with Mashed Potatoes, Chicken  
Gravy and Green Beans

### Turkey Barbacoa Tacos

Seasoned ground turkey served on  
Flour Tortillas  
Served with Pico Corn salad  
and Refried Beans

### Chicken and Waffles

Crispy White meat breaded Chicken Strips  
Served with Sweet Belgium Waffles,  
Syrup Cup and optional Sweet Potato  
Fries

### Buffalo Chicken Mac & Cheese

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

### Chicken Thai Rice Bowl

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

### EGGOJI Waffle and Chicken Sandwich

All White meat Chicken Patty between  
2 crispy animated WG Waffles

### Beef and Cheese Tatchos

Beef and Cheese over Crispy Tater Tots  
Served with refried beans and Toppings

### Meatball Grinder

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

### Macaroni & Cheese

Whole grain pasta tossed in  
a creamy cheddar cheese sauce  
served with fresh steamed Broccoli

### Chicken Teriyaki

Breaded Popcorn Chicken glazed in  
Teriyaki sauce served over WG rice  
with Asian mixed Veggies

### Loaded Popcorn Chicken Tot Bowl

Crispy Popcorn Chicken and creamy  
Cheddar Cheese Sauce over  
Crispy Tater Tots

### Beef and Cheese Nachos

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

### Grilled Cheese Sandwich

Creamy American Cheese melted  
between WG Bread slices, Grilled and  
Served with Tomato Soup

### Jets Pizza

Crispy Deep Dish Cheese Pizza with Jet's  
famous sauce! Choose from Cheese,  
Pepperoni or Veggie!

## FREE BREAKFAST preorder required

Assorted Breakfasts  
available daily including  
choice of  
**Fresh Bagels, Pop Tarts,  
Breakfast Breads or  
WG Donuts**  
All breakfasts include a  
1/2 cup of Michigan fruit,  
100% Fruit juice and a 1%  
white or chocolate milk

### FRUITS AND VEGGIES!

Offered Daily  
Choose from

Michigan Produce such as  
Blueberries, Lettuce, Carrots,  
Legumes and Apples, Baked  
Fries, Edamame  
and 100% Fruit Juice



Gluten Free  
option available per  
medical request-  
preorder required



Vegetarian and  
Dairy Free options  
available



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