

OCTOBER 2025

INTERNATIONAL ACADEMY MENU

Breakfast 7:20am
Lunch - 11am-1pm

Monday

Tuesday

Wednesday

Thursday

Friday

6 **JET'S PIZZA!**
OR Mac & Cheese Burger
with Sweet Potato Fries

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

1 **WING WEDNESDAY!**
Hot Dog Bar
with Fries

2 **Bosco Day!**
Lasagna Rollups

3 Beef Teriyaki
served w/ Rice
Served with WG rice and
Asian Veggie Mix

13 **JET'S PIZZA!**
OR Chicken Sliders

14 2 Beef or Chicken Tacos
served with corn &
Refried Beans and
Churros

8 **WING WEDNESDAY!**
Chicken Alfredo

9 **Bosco Day!**
Mac & Cheese
Steamed Broccoli and
Garlic Bread

10 Sweet & Sour Chicken
w/ WG rice, Asian
Veggies

20 **JET'S PIZZA!**
OR Blackhawk Burger
with Fries

21 Beef & Cheese Nachos
served with corn
Refried Beans

15 **WING WEDNESDAY!!**
Grilled Cheese Sandwich
and Tomato soup

16 **Bosco Day!**
Loaded Popcorn Chicken
Cheese Tot Bowl

17 **1/2 Day!**
NO HOT LUNCH!

27 **JET'S PIZZA!**
OR Cheesy Fish
Sandwich with Sweet
Potato Fries

28 Turkey Tacos
WG Rice, Refried Beans
and Churros

22 **WING WEDNESDAY!**
Chicken Shwarama
Pita with
Waffle Fries

23 **Bosco Day!**
Popcorn Chicken Bowl

24 **1/2 Day!**
NO HOT LUNCH!

29 **WING WEDNESDAY!**
French Toast Sticks w/
Turkey Sausage

30 **1/2 Day!**
NO HOT LUNCH!

31 **NO SCHOOL!**

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

IA DAILY LUNCH OPTIONS!

**CHICKEN PATTY SANDWICH - SPICY AND REGULAR
CHICKEN TENDERS w/ MUFFIN, BAKED FRENCH FRIES
GRILLED BURGERS, CHEESEBURGERS, BOSCO STICKS, PIZZA STATION
VARIETY OF ENTREE SALADS AND
GRAB AND GO SUBS AND WRAPS
AND MUCH MORE!!**

Chicken Swarma

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

Cheesy Lasagna Rollups

Cheese filled Lasagna noodles served with Marinara Sauce or Meat sauce
Served with steamed Broccoli, Parmesan Cheese, and Garlic Bread

Macaroni & Cheese

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

Sweet & Sour Chicken

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

Chicken Alfredo

Diced chicken in creamy Cheese Sauce tossed with Tender Pasta
Served with Garlic Bread and sauteed Mushrooms

Buffalo Chicken Mac & Cheese

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

Loaded Popcorn Chicken Tot Bowl

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

Grilled Cheese Sandwich

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

2 Soft Tacos

Beef or Chicken and Cheese with a variety of toppings to choose from
Served with refried beans and crispy Churros

Chicken Sliders

2 Chicken Sausage patties served between 2 WG slider rolls. Optional pickles, lettuce tomato available to add on!

Popcorn Chicken Bowl

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

Mac & Cheese Burger

All Beef Burger topped with Creamy Mac & Cheese on a WG Bun

Beef and Cheese Tatchos

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

Beef Teriyaki

Marinated beef glazed in Teriyaki sauce served over WG rice with Asian Veggies

Beef and Cheese Nachos

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

Blackhawk Burger

All Beef Burger topped with Crispy Lettuce, tangy Thousand Island Dressing and American Cheese on a WG Bun

Cheesy Fish Sandwich

Breaded Flakey Haddock topped with American Cheese on a WG Bun

All Beef Hotdog Bar

Assorted toppings include beef Chili, Cheese Sauce and assorted veggie topping!

Turkey Tacos

Seasoned ground turkey served on Flour Tortillas with shredded Cheese, Refried Beans and Crispy Churros

French Toast with Turkey Sausage

Crispy French Toast Sticks served with a Turkey Sausage Patty, Syrup, Hash Brown Patty

IA BREAKFAST

**Offered Daily
in the Cafe 7:15am -
7:55am**

Choose from Cold and Hot Choices including Breakfast Breads, Breakfast Sandwiches, Yogurt Parfait Bagels, Muffins, Donuts Cereal Bars, Cereal and Pop Tarts
All Breakfasts include up to a full cup of fruit and/or Juice and a 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 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