

OCTOBER 2026

International Academy

MENU

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

Monday

Tuesday

Wednesday

Thursday

Friday

**5 Hungry Howie's
Pizza!**

OR Mini Corn Dogs w.
Sweet Potato Fries

**12 Hungry Howie's
Pizza!**

OR Mac & Cheese Burger
w. Sweet Potato Fries

**19 Hungry Howie's
Pizza!**

OR Chicken Quesadillas
with Refried Beans &
Churros

**26 Hungry Howie's
Pizza!**

OR Chicken Tender Basket
with Cinnamon Biscuit,
Coleslaw & Fries

6 Beef or Chicken &
Cheese Soft Tacos
Refried Beans
Churros

13 Breakfast for Lunch!
French Toast Sticks OR Mini
Pancakes
Turkey Sausage
Hashbrown Triangles

20 Chicken
Shawarma Pita
with Waffle Fries

27 Sloppy Joe on a Bun
Green Beans

7 WING WEDNESDAY!
Alfredo Pasta
with or without Chicken
Carrots & Garlic Knot

14 WING WEDNESDAY!
Grilled Cheese Sandwich
& Tomato Soup

21 WING WEDNESDAY!
Seasoned Beef &
Cheese Nachos
Refried Beans
Assorted Toppings

28 WING WEDNESDAY!
Baked Potato Bar
with assorted toppings
Seasoned Broccoli

1 **Bosco Day!**
Buffalo Mac & Cheese
with or without Chicken
Garlic Breadstick

8 **Bosco Day!**
Sweet & Sour Chicken
served w/ WG Rice, Asian
Mixed Veggies & Egg Roll

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

22 **Bosco Day!**
Popcorn Chicken,
Mashed Potato Bowl
w/ Corn & Gravy

29 **½ Day
No Lunch**

2 Orange Chicken w/ WG
Rice, Mixed Veggies &
Egg Roll

9 **New Menu Item!**
Southwest Crunch Burger
Potato Wedges

16 Spaghetti w/ Meatballs
Garlic Bread
Green Beans

23 **½ Day
No Lunch**

30 **NO SCHOOL!
Happy Halloween!**

**Bloomfield Hills Schools continues to provide
FREE Michigan Meals for All to students from Pre-K to 12th grade AGAIN
this school year!**

All meals include a protein source and whole grains
with at least 1/2 cup fruits and veggies and
1% white or Chocolate milk

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