

# DECEMBER 2022 WING LAKE MENU

Fall 2022 Lunch Prices

Full Pay - \$3.40

Reduced Price \$.40

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**5** Chicken Patty Sandwich  
French Fries  
**MICHIGAN APPLE SLICES**

**6** Cheese Quesadilla  
Black Beans/Salsa  
**MICHIGAN BLUEBERRIES**

**7** Cheeseburger  
French Fries  
**MICHIGAN CHERRIES**

**1** Cheese Pizza  
**MICHIGAN SALAD**  
Apple Sauce Cup

**2** Orange Chicken  
Rice/Asian Veggies  
**MICHIGAN APPLE**

**12** Macaroni and Cheese  
Breadstick  
Fresh Broccoli  
**MICHIGAN APPLE SLICES**

**13** Beef and Cheese Nachos  
Refried Beans/Salsa  
**MICHIGAN BLUEBERRIES**

**14** All Beef Hot Dog  
Mini Carrots  
**MICHIGAN CHERRIES**

**8** Cheese Pizza  
**MICHIGAN SALAD**  
Apple Sauce Cup

**9** Bosco Sticks  
Marinara Sauce  
**MICHIGAN APPLE**

**19** Cheese Cavatappi  
Breadstick  
Fresh Broccoli  
**MICHIGAN APPLE SLICES**

**20** Beef and Cheese Nachos  
Refried Beans/Salsa  
**MICHIGAN BLUEBERRIES**

**21** Wow! Butter Sandwich  
Tomato Soup  
**MICHIGAN CHERRIES**

**15** Cheese Pizza  
**MICHIGAN SALAD**  
Apple Sauce Cup

**16** General Tso Chicken  
Rice/Asian Veggies  
**MICHIGAN APPLE**

**23** Bosco Sticks  
Marinara Sauce  
**MICHIGAN APPLE**

**Dec 26-Jan 6**

**TIS THE SEASON TO BE JOLLY**

**Winter Break!  
No School!**

All meals include Proteins & whole grains  
At least 3/4 cup fruits and veggies and  
1% white milk

248.341.5671



Cheese Pizza  
Whole Grain individual deep dish Cheese Pizza

WOW! Butter and Jelly Sandwich  
Soy Butter and Jelly on WG Bread served with  
fresh cut carrots and appleslices

Chicken Tenders  
All White Meat Lightly Breaded Chicken Strips  
Served with a whole grain Muffin

All Beef Hot Dog  
Served on a whole grain Bun

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

Cheese Cavatappi  
Cavatappi noodles tossed in creamy cheese  
sauce served with breadstick and steamed  
broccoli

2 Tacos  
All Beef Taco Filling in 2 Soft Flour Shells  
Served with Salsa and Michigan Blueberries

Bean Burrito  
Served with Cheese Stick, Salsa and  
Michigan Blueberries

Macaroni and Cheese  
Macaroni noodles tossed in creamy cheese  
sauce served with breadstick and steamed  
broccoli

Bosco Sticks  
Mozzarella cheese filled breadsticks served  
with Marinara Sauce

Chicken Patty Sandwich  
All white meat Chicken Patty lightly coated in a  
crispy breading served on a  
whole grain Bun

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

General Tso Chicken  
Crispy battered chicken bites glazed in a Tangy  
sweet sauce, served over rice with Asian mixed  
Veggies

Cheese Ravioli  
Cheese stuffed ravioli tossed in Marinara sauce  
served with breadstick and steamed broccoli

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

**\$1.85 BREAKFAST**  
**Choice of**  
**Cinnamon Apple**  
**Oatmeal Yogurt Plate,**  
**Pop Tart**  
**Cereal (DF) or Cereal**  
**Bar**  
**Served with 100%**  
**Fruit Juice, Michigan**  
**Fruit and 1% White or**  
**Chocolate Milk**

**Join us in learning about**  
**Michigan Produce!**

A variety of either Carrots,  
Blueberries, Apples, Salad Greens,  
Sweet Potatoes and Root  
Vegetable Medley are offered  
daily with meals



Gluten Free  
option available per  
medical request-  
preorder required

Vegetarian and  
Dairy Free options  
available - preorder  
required