

SEPTEMBER 2022 PREP LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 5 <i>No School!</i> | 6 Taco Tuesday! Chicken Quesadilla MICHIGAN SALAD GREENS Refried Bean | 7 Philly Cheesesteak sandwich w/ Fries JET'S Pizza Day! | 8 Marinara Pasta w/ Meatballs Garlic Breadstick MICHIGAN BROCCOLI | 9 Orange Chicken w/ WG rice and Stir-fried Veggies |
| 12 Crispy Chicken Drumstick, Roll w/ mashed potatoes MICHIGAN VEGGIES JET'S Pizza Day! | 13 Beef or Chicken and Cheese Nachos w/ MICHIGAN SALAD GREENS Refried Bean | 14 Greek Gyros Rice Pilaf JET'S Pizza Day! | 15 Cheese Lasagna Garlic Breadstick MICHIGAN BROCCOLI | 16 Teriyaki Chicken w/ WG rice and Stir-fried Veggies |
| 19 BBQ Chicken w/ Collard Greens and Corn Poppers or Hummus Plate | 20 Taco Tuesday! Chicken Enchilada w/ MICHIGAN SALAD GREENS Refried Bean | 21 Chicken Parmesan Sandwich JET'S Pizza Day! | 22 Cheese Ravioli Garlic Breadstick MICHIGAN BROCCOLI | 23 General Tso Chicken w/ rice and Stir-fried Veggies |
| 26 <i>No School!</i> | 27 Taco Tuesday! 2 Tacos w/ MICHIGAN SALAD GREENS Refried Bean | 28 Chicken Swarma Rice Pilaf JET'S Pizza Day! | 29 Cheese Peirogi and Smoked Sausage Garlic Breadstick MICHIGAN BROCCOLI | 30 Orange Chicken w/ rice and Stir-fried Veggies and Egg Roll |

All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and 1% white or chocolate milk

Welcome to School!

DAILY LUNCH OPTIONS!

MONDAY - CHEESE, VEGGIE OR PEPPERONI PIZZA
 TUESDAY - CHICKEN PATTY SANDWICH
 WEDNESDAY - CHEESEBURGER OR VEGGIE BURGER
 THURSDAY - CHICKEN TENDERS
 FRIDAY - JET'S CHEESE, VEGGIE OR PEPPERONI PIZZA

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

All Beef Hot Dog: All beef hot dog to served on a whole grain bun

Chicken Patty Sandwich: lightly breaded white meat chicken on a whole grain bun with French Fries offered on the side as a Vegetable

Chicken Caesar Salad: Romaine lettuce, all natural white meat chicken, parmesan cheese, croutons, Caesar dressing and a muffin

Chicken and Waffles: Lightly breaded white meat crispy chicken, served with Sweet Waffle, and Sweet potato fries

Chicken Tenders: Lightly breaded white meat crispy chicken, served with homemade roll and butter

Pasta Bar
 Your choice of Pasta topped with marinara sauce or Alfredo and choice of meatballs or chicken served with Broccoli and garlic breadstick

Jet's Pizza: deep dish cheese, pepperoni or veggie pizza filled with marinara sauce and topped with mozzarella cheese

Fiesta Bar
 2 flour or corn tortilla chips filled with chicken or beef, topped with cheese with Lettuce, rice, beans and optional toppings served on the side.

Philly Cheese Steak
 Thin slice beef served on a whole grain bun with provolone cheese and optional grilled peppers and onions Served with Crispy French Fries

Lasagna Roll-up: pasta noodles filled with creamy ricotta and mozzarella cheese, topped with marinara sauce, served with garlic breadstick

Grilled Cheese and Tomato Soup: Crispy grilled sandwich stuffed with American cheeses and served with creamy tomato soup.

Beef Gyros
 Thin sliced Gyro Meat served on a whole grain Pita with tangy cucumber sauce and optional diced tomatoes and onions Served with Crispy French Fries

Bosco Cheese Sticks: Whole grain bread sticks filled with mozzarella cheeses, baked and topped with parmesan cheese, served with marinara sauce

Burgers
 All Beef Patty with our without American Cheese. Served on a WG Bun with French Fries offered on the Side as a Vegetable

Popcorn Chicken Bowl: Lightly breaded crispy chicken bites served over creamy mashed potatoes, corn and gravy

Monthly Special! Try something NEW!

Fresh Fruit Yogurt Parfait:
 Layers of vanilla Yogurt, Fresh Fruit and Granola, ready to eat!

BBQ Drumstick with Collard Greens
 BBQ Glazed Chicken drumstick Served with mini corn poppers and seasoned Collard Greens tossed with Turkey Bacon

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

Fruits and Veggies!

Offered Daily

Includes Michigan Produce such as Blueberries, Cherries, Michigan Lettuce, Legumes and Apples
 plus MUCH more Fruits and Veggies to Choose from!

BREAKFAST

\$2.00

DAILY SPECIALS

YOUR CHOICE OF
YOGURT PARFAITS

SMOOTHIES

HOMEMADE MUFFINS

BAGELS AND CREAM CHEESE

DONUTS

CEREAL, AND CEREAL BARS

ALL COMPLETE BREAKFASTS
 INCLUDE CHOICE OF MICHIGAN PRODUCE,
 JUICE AND
 1% WHITE OR CHOCOLATE MILK



Gluten Free
 option available per
 medical request-
 preorder required

Vegetarian and
 Dairy Free options
 available - preorder
 required