

# NOVEMBER 2022 PREP MENU

Fall 2022 Lunch Prices  
Full Pay - \$3.90-\$4.25  
Reduced Price \$.40

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**1** Beef or Chicken  
Nachos w/ Toppings  
Refried Beans

**2** Chicken Schwarma w/  
Tzakti Sauce & Fries  
JET'S Pizza Day!

**3** Pasta Primavera  
Garlic Breadstick  
MICHIGAN BROCCOLI

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

**7** Meatball Sub  
Served with  
Peppers and Onions  
and Crispy Fries

**8** **No  
School!**

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

**10** Chicken Alfredo Pasta  
w/ Meatballs  
Garlic Breadstick  
MICHIGAN BROCCOLI

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

**14** Popcorn Chicken Bowl,  
Roll  
w/ mashed potatoes, gravy  
and Corn

**15** Chicken Quesadilla  
MICHIGAN SALAD GREENS  
Refried Bean

**16** Philly Cheesesteak  
sandwich w/ Fries  
JET'S Pizza Day!

**17** Marinara Pasta w/  
Meatballs  
Garlic Breadstick  
MICHIGAN BROCCOLI

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

**21** Crispy Chicken Drumstick,  
Roll  
w/ mashed potatoes  
MICHIGAN VEGGIES

**22** Beef Taco Tachos  
Churro/Black Beans and  
Pickled Jalepenos

**23** **Happy  
Thanksgiving!  
No School!**

**24** 

**25** **No  
School!**

**28** BBQ Chicken Drumstick,  
Roll  
w/ mashed potatoes  
MICHIGAN VEGGIES

**29** Chicken Enchilada w/  
MICHIGAN SALAD GREENS  
Refried Bean

**30** Chicken Parmesan  
Sandwich  
JET'S Pizza Day!

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

248.341.5671



## 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

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

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

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

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

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

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

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

Nachos  
Corn tortilla chips topped with chicken or beef, topped with cheese with Lettuce, rice, beans and optional toppings served on the side.

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

Burgers  
All Beef Patty with our without American Cheese. Served on a WG 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/ muffin

Pasta Primavera  
Pasta topped with marinara sauce and Fresh Grilled Veggies and Cheese served with a garlic breadstick

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

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

### Monthly Special! Try something NEW!

Beef Taco Totcho Bowl  
Crispy Tater Tots, Seasoned Beef, Melty Cheese Sauce, Lettuce, Pico De Gallo

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

## Fruit and Veggie Bar!

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