

# AUGUST 2022 WING LAKE SUMMER LUNCH MENU

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1** Bean Burrito  
Black Beans  
Salsa and Sour Cream  
**MICHIGAN BLUEBERRIES**

**2** Chicken Patty  
French Fries  
**MICHIGAN BLUEBERRIES**

**3** Grilled Cheese  
Tomato Soup  
**MICHIGAN CHERRIES**

**4** Bosco Cheese Sticks  
**MICHIGAN VEGGIES**  
Applesauce Cup

**5**  
**No  
School!**

**8** Twin Cheeseburgers  
French Fries  
**MICHIGAN BLUEBERRIES**

**9** All Beef Hotdog  
French Fries  
**MICHIGAN BLUEBERRIES**

**10** Grilled Cheese  
Tomato Soup  
**MICHIGAN CHERRIES**

**11** Bean Burrito  
Black Beans  
Salsa & Sour Cream  
**MICHIGAN APPLE**

**12**  
**No  
School!**

**15** WOW! Butter & Jelly  
**Michigan Broccoli**  
**Cheese Soup**  
Fruit Cup

**16** Chicken Patty  
French Fries  
**MICHIGAN BLUEBERRIES**

**17** Grilled Cheese  
Tomato Soup  
**MICHIGAN CHERRIES**

**18** Cheese Pizza  
**MICHIGAN VEGGIES**  
Applesauce Cup

**19**  
**No  
School!**



*Welcome Summer!*



All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white or chocolate milk



Macaroni and Cheese  
Creamy Cheese Pasta served with Michigan  
Steamed Veggies and Garlic Breadstick  
and Fruit Cup

Cheese Pizza  
Whole Grain Cheese Pizza served with  
Michigan Veggies, and Applesauce Cup

Hot dog  
All Beef Frank on a WG bun served with Crispy  
Potatoes and  
Michigan Blueberries

WOW! Butter and Jelly Sandwich  
Soy Butter and Jelly on WG Bread  
Served with Broccoli Cheddar Soup,  
Michigan Blueberries and choice of second  
Fruit or Veggie

Grilled Cheese Sandwich  
Creamy Cheese between 2 slices of crisp bread  
served with  
Tomato soup and Pitted Michigan Cherries

Bean and Cheese Burrito  
Refried Beans with Mozzarella cheese served  
with Salsa and  
Michigan Cherries

Chicken Patty Sandwich  
Crispy Whole Muscle Chicken Patty on a WG  
bun served with Crispy Potatoes and  
Michigan Blueberries

Twin Cheeseburgers  
Two Beef patties with American Cheese on  
mini WG Buns served with Crispy Potatoes and  
Michigan Blueberries

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

**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!**

**Carrots, Blueberries, Apples,**  
**Salad Greens, Sweet Potatoes**  
**and Root Vegetable Medley**



Gluten Free  
option available per  
medical request-  
preorder required



Vegetarian and  
Dairy Free options  
available - preorder  
required

