

MAY 2022 INTERNATIONAL ACADEMY MENU

Monday

2 Crispy Chicken Drumstick, Roll
w/ mashed potatoes
MICHIGAN VEGGIES
JET'S Pizza Day!

9 Popcorn Chicken Bowl
JET'S PIZZA DAY!

16 Waffles and Chicken
Sweet Potato Fries
JET'S PIZZA DAY!

23 BBQ Chicken Drumstick, Roll
w/ mashed potatoes
MICHIGAN VEGGIES
JET'S Pizza Day!

30 No School!
Happy Memorial Day!

Tuesday

3 Beef or Chicken and Cheese Nachos w/
MICHIGAN SALAD GREENS
Refried Bean

10 Taco Tuesday!
Chicken Quesadilla
MICHIGAN SALAD GREENS
Refried Bean

17 Taco Tuesday!
2 Tacos
MICHIGAN SALAD GREENS
Refried Bean

24 Beef or Chicken and Cheese Nachos w/
MICHIGAN SALAD GREENS
Refried Bean

31 Taco Tuesday!
2 Tacos
MICHIGAN SALAD GREENS
Refried Bean

Wednesday

4 General Tso Chicken
w/ rice and Stir-fried Veggies
and Egg Roll

11 1/2 day
No Lunch!

18 Orange Chicken
w/ rice and Stir-fried Veggies
and Egg Roll

25 Teriyaki Chicken
w/ rice and Stir-fried Veggies
and Egg Roll

Thursday

5 Philly Cheesesteak
French Fries

12 Grilled Cheese
Tomato Soup

19 All Beef Hot Dog
Chili
French Fries

26 Philly Cheesesteak
French Fries

Friday

6 Macaroni and Cheese
Garlic Breadstick
MICHIGAN BROCCOLI
JET'S Pizza Day!

13 Cheese Ravioli
Garlic Breadstick
MICHIGAN BROCCOLI
JET'S Pizza Day!

20 Cheesy Lasagna Rollup
Garlic Breadstick
MICHIGAN BROCCOLI
JET'S Pizza Day!

27 Cheese Cavatapi
Garlic Breadstick
MICHIGAN BROCCOLI
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!

**CHICKEN PATTY SANDWICH - SPICY AND REGULAR
CHICKEN TENDERS
GRILLED BURGERS, CHEESEBURGERS, BOSCO STICKS
VARIETY OF ENTREE SALADS AND
GRAB AND GO SUBS AND WRAPS
AND MUCH MORE!!**

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

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

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

Tacos: 2 flour or corn tortillas filled with chicken or beef, topped with cheese with Michigan Lettuce, rice, beans and optional toppings served on the side.

Hot Dog: All Beef Frank served on a WG Bun with French Fries offered 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

Macaroni & Cheese: Homemade with cavatappi noodles served with garlic bread

Yogurt Plate: Greek Yogurt served with Grahams, Michigan Blueberries and Fresh cut Veggies with Ranch Dip

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

Sausage, Egg and Cheese Croissant: Whole grain croissant, stuffed with turkey sausage, egg and american cheese

Vegan Hummus Plate: Hummus cup, pita chips, baby carrots, celery sticks and (nut free) sunflower seeds, Ready to eat!

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

FREE BREAKFAST OFFERED DAILY!

CHOICE OF BAGELS, POPTARTS, GRANOLA BARS, AND MUFFINS WITH CHOICE OF JUICE, MICHIGAN FRUIT AND 1% WHITE OR CHOCOLATE MILK

DAILY SPECIALS

**MONDAY
WG DONUTS**

**TUESDAY
LARGE MUFFIN**

**THURSDAY
BREAKFAST CROISSANT**

**FRIDAY
YOGURT PARFAITS**

**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



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