

Fall 2022 Lunch Prices

Full Pay - \$3.40

Reduced Price \$.40

# SEPTEMBER 2022 MIDDLE SCHOOL LUNCH MENU

## Monday

**5** JET'S Cheese or Pepperoni Pizza

**12** JET'S Cheese or Pepperoni Pizza

**19** JET'S Cheese or Pepperoni Pizza

**26** No School!

## Tuesday

**6** 1/2 Day!  
No Lunch!

**13** Fiesta Bar  
Beef or Chicken Tacos or Nachos w/ Toppings  
Refried Beans

**20** Fiesta Bar  
Beef or Chicken Tacos or Nachos w/ Toppings  
Refried Beans

**27** Fiesta Bar  
Beef or Chicken Tacos or Nachos w/ Toppings  
Refried Beans

## Wednesday

**7** Hot Dog Bar  
Baked Beans  
Fries

**14** Grilled Cheese  
Tomato Soup

**21** Beef Gyro  
w/ Tzakti Sauce  
Fries

**28** Philly Cheese Steak  
Sandwich  
Peppers/Onions  
Fries

## Thursday

**8** Macaroni and Cheese  
Garlic Breadstick  
Steamed Broccoli

**15** Cheese Lasagna Rollup  
Garlic Breadstick  
Steamed Broccoli

**22** Pasta Bar  
Garlic Breadstick  
Steamed Broccoli

**29** Cheese Cavatappi  
Garlic Breadstick  
Steamed Broccoli

## Friday

**9** Waffles and Chicken  
French Fries

**16** Popcorn Chicken Bowl  
Mashed Potatoes, Corn

**23** Orange Chicken/Rice  
or Hummus Plate

**30** BBQ Chicken w/  
Collard Greens and  
Corn Poppers  
or Hummus Plate

*Welcome to School!*

All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white 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 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

**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.

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

**Monthly Special! Try something NEW!**  
BBQ Drumstick with Collard Greens  
BBQ Glazed Chicken drumstick Served with mini corn poppers and seasoned  
Collard Greens tossed with Turkey Bacon

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

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

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

## \$1.85 BREAKFAST

**Offered Daily  
in the Cafe 8:15-8:30am**

**Choose from  
Yogurt Parfait  
Bagels, Muffins  
Cereal Bars, Cereal  
All Breakfasts include up  
to a full cup of fruit and/or  
Juice and a 1% white or  
chocolate milk**

## 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!**

**1% White or Chocolate milk is  
included with every meal!**



**Gluten Free  
option available per  
medical request-  
preorder required**



**Vegetarian and  
Dairy Free options  
available - preorder  
required**

