

APRIL 2023 WING LAKE MENU

Full Pay Lunch - \$3.40 11am-12:30pm

Full Pay Breakfast \$1.85

Delivered to classrooms at school start time

There will be no charge for reduce price meals throughout the remainder of the 22-23 school year

Monday

Mac & Cheese
Breadstick
Fresh Broccoli
MICHIGAN APPLE SLICES

10
Chicken Tenders
French Fries
MICHIGAN APPLE SLICES

17 Cheese Ravioli
Breadstick
Fresh Broccoli
MICHIGAN APPLE SLICES

24 Chicken Patty Sandwich French Fries MICHIGAN APPLE SLICES

Tuesday

4Beef and Cheese Nachos
Refried Beans/Salsa
MICHIGAN BLUEBERRIES

Bean and Cheese Burrito
Cheese Stick/Salsa
MICHIGAN BLUEBERRIES

18
2 Beef Tacos
Refried Beans/Salsa
MICHIGAN BLUEBERRIES

Cheese Quesadilla
Black Beans/Salsa
MICHIGAN BLUEBERRIES

Wednesday

Wow Butter Sandwich Broccoli & Cheese Soup MICHIGAN CHERRIES

All Beef Hot Dog
Mini Carrots
MICHIGAN CHERRIES

19 EMOJI Waffle & Chix
Sweet Potato Fries
MICHIGAN CHERRIES

Cheeseburger
French Fries
MICHIGAN CHERRIES

Thursday

6 Cheese Pizza MICHIGAN SALAD Apple Sauce Cup

Cheese Pizza
MICHIGAN SALAD
Apple Sauce Cup

Cheese Pizza
MICHIGAN SALAD
Apple Sauce Cup

27 Cheese Pizza
MICHIGAN SALAD
Apple Sauce Cup

Friday

No School!

Bosco Sticks

Marinara Sauce

MICHIGAN APPLE

No Hot Lunch!

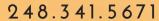
28 Bosco Sticks
Marinara Sauce
MICHIGAN APPLE

HAPPY SPRING!!!

All meals include Proteins & whole grains)

At least 1/2 cup fruits and veggies and

1% white or chocolate milk



Cheese Pizza Whole Grain individual deep dish Cheese Pizza

WOW! Butter and Jelly Sandwich Soy Butter and Jelly on WG Bread served with fresh cut carrots and appleslices

Chicken Tenders

All White Meat Lightly Breaded Chicken Strips

Served with a whole grain Muffin

All Beef Hot Dog Served on a whole grain Bun

Grilled Cheese Sandwich Crisp, cheesy toasted sandwich served with Tomato Soup



EMOJI Waffle and Chix

Crisp, chicken Tender served with EMOJI Waffle, Syrup cup

Cheese Cavatappi
Cavatappi noodles tossed in creamy cheese
sauce served with breadstick and steamed
broccoli

2 Tacos

All Beef Taco Filling in 2 Soft Flour Shells Served with Salsa and Michigan Blueberries Bean Burrito
Served with Cheese Stick, Salsa and
Michigan Blueberries

Macaroni and Cheese
Macaroni noodles tossed in creamy cheese
sauce served with breadstick andsteamed
broccoli

Bosco Sticks

Mozzarella cheese filled breadsticks served

with Marinara Sauce

Chicken Patty Sandwiich

All white meat Chicken Patty lightly coated in a crispy breading served on a whole grain Bun

Orange Chicken

Crispy battered chicken bites glazed in a sweet orange sauce, served over rice with Asian mixed Veggies

General Tso Chicken

Crispy battered chicken bites glazed in a Tangy
sweet sauce, served over rice with Asian mixed

Veggies

Cheese Ravioli
Cheese stuffed ravioli tossed in Marinara sauce
served with breadstick and steamed broccoli

\$1.85 BREAKFAST Choice of

Cinnamon Apple
Oatmeal Yogurt Plate,
Pop Tart
Cereal (DF) or Cereal

Served with 100% Fruit Juice, Michigan Fruit and 1% White or Chocolate Milk

Join us in learnin<mark>g</mark> about

Michigan Produce!

A variety of either Carrots, Blueberries, Apples, Salad Greens, Sweet Potatoes and Root Vegetable Medley are offered daily with meals



Gluten Free option available per medical requestpreorder required



Vegetarian and Dairy Free options available - preorder required

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