

# OCTOBER 2022 ELEMENTARY MENU

Fall 2022 Lunch Prices

Full Pay - \$3.40

Reduced Price \$.40

## Monday

**3**  
Mac&Cheese  
w/ Steamed Broccoli or  
Wow! Buter and Jelly

**10**  
Chicken Patty Sandwich  
Wow! Buter and Jelly

**17**  
Chicken Tenders/muffin  
Wow! Buter and Jelly

**24**  
Mac&Cheese  
w/ Steamed Broccoli or  
Wow! Buter and Jelly

**31**  
**1/2 Day  
No Lunch!**

## Tuesday

**4**  
**1/2 Day  
No Lunch!**

**11**  
Mini Turkey Corndogs  
or  
Turkey Cheese Wrap

**18**  
Bean and Cheese Burrito w/  
Cheese Stick or  
Turkey Cheese Wrap

**25**  
2 Beef/Cheese Tacos w/  
Black Beans or  
Turkey Cheese Wrap

## Wednesday

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

**12** JET'S Cheese Pizza  
or  
Chef Salad/Muffin

**19** JET'S Cheese Pizza  
or  
Chef Salad/Muffin

**26** JET'S Cheese Pizza  
or  
Chef Salad/Muffin

## Thursday

**6**  
All Beef Hotdog or  
Wow! Butter and Jelly

**13**  
Grilled Cheese/tomato  
Soup or  
Wow! Butter and Jelly

**20**  
Cheeseburger  
or Wow! Butter and Jelly

**27** Popcorn Chicken with  
Quinoa OR  
Harvest Grain Bowl  
Wow! Butter and Jelly

## Friday

**7**  
Cheese Bosco Sticks  
w/ Marinara Sauce  
or Hummus Plate

**14**  
Orange Chicken/Rice and  
Asian Veggie Mix  
or Hummus Plate

**21**  
Cheese Bosco Sticks  
w/ Marinara Sauce  
or Hummus Plate

**28**  
Orange Chicken/Rice  
or Hummus Plate

All meals include Proteins & whole grains

At least 3/4 cup fruits and veggies and

1% white milk

248.341.5671

Cheese Pizza  
Whole Grain individual deep dish Cheese Pizza

Jet's Cheese Pizza  
Whole Grain deep dish Cheese Pizza with Jet's special sauce!

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

### Monthly Special! Try something NEW!

Harvest Grain Bowl  
Quinoa, Lentils, Roasted Cinnamon Sweet Potatoes, broccoli, Garbanzo Beans, Popcorn Chicken, Craisins and Feta Cheese

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

Bosco Sticks  
Mozzarella cheese filled breadsticks served with Marinara Sauce

Chicken Tenders  
All white meat Chicken Strips lightly coated in a crispy breading served with a whole grain muffin

Mini Corn Dogs  
Mini Turkey hotdogs battered in a crispy whole grain Corn Bread Batter

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

**Yogurt Plate offered Daily!**  
**Creamy Yogurt served with fresh cut carrots crunchy grahams and an Apple Bag**

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

## \$1.85 BREAKFAST

**Monday**  
Cereal/MI Blueberries

**Tuesday**  
MI Blueberry Yogurt Parfait

**Wednesday**  
WG Goodie Ring w/ Fruit cup

**Thursday**  
Benefit Bar w/ Apple Bag

**Friday**  
Smoothie/WG muffin

### 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

