OCTOBER 2026
International Academy
MENU

FREE Breakfast 7:20am
FREE Lunch - 11am-1pm

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bosco Day! Buffalo Mac & Cheese with or without Chicken Garlic Breadstick	2 Orange Chicken w/ WG Rice, Mixed Veggies & Egg Roll
5 Hungry Howie's Pizza! OR Mini Corn Dogs w. Sweet Potato Fries	6 Beef or Chicken & Cheese Soft Tacos Refried Beans Churros	7 WING WEDNESDAY! Alfredo Pasta with or without Chicken Carrots & Garlic Knot	8 Bosco Day! Sweet & Sour Chicken served w/ WG Rice, Asian Mixed Veggies & Egg Roll	9 **New Menu Item!** Southwest Crunch Burger Potato Wedges
12 Hungry Howie's Pizza! OR Mac & Cheese Burger w. Sweet Potato Fries	13 Breakfast for Lunch! French Toast Sticks OR Mini Pancakes Turkey Sausage Hashbrown Triangles	14 WING WEDNESDAY! Grillled Cheese Sandwich & Tomato Soup	15 Bosco Day! Loaded Popcorn Chicken Cheese Tot Bowl	16 Spaghetti w/ Meatballs Garlic Bread Green Beans
19 Hungry Howie's Pizza! OR Chicken Quesadillas with Refried Beans & Churros	20 Chicken Shawarma Pita with Waffle Fries	21 WING WEDNESDAY! Seasoned Beef & Cheese Nachos Refried Beans Assorted Toppings	22 Bosco Day! Popcorn Chicken, Mashed Potato Bowl w/ Corn & Gravy	23 ½ Day No Lunch
26 Hungry Howie's Pizza! OR Chicken Tender Basket with Cinnamon Biscuit, Coleslaw & Fries	27 Sloppy Joe on a Bun Green Beans	28 WING WEDNESDAY! Baked Potato Bar with assorted toppings Seasoned Broccoli	29 ½ Day No Lunch	30 NO SCHOOL! Happy Halloween!

Bloomfield Hills Schools continues to provide FREE Michigan Meals for All to students from Pre-K to 12th grade AGAIN this school year!

All meals include a protein source and whole grains with at least 1/2 cup fruits and veggies and 1% white or Chocolate milk

248.341.5671

aramark

INTERNATIONAL ACADEMY DAILY LUNCH OPTIONS!

CHICKEN PATTIES: SPICY & REGULAR
CHICKEN TENDERS w/ MUFFIN, BAKED FRENCH FRIES
GRILLED BURGERS, CHEESEBURGERS, BOSCO STICKS, PIZZA STATION
VARIETY OF ENTREE SALADS AND
GRAB AND GO SUBS AND WRAPS
AND MUCH MORE!!

Beef and Cheese Tatchos
Beef andCheeseoverCrispy TaterTots Served with refried beans and Toppings

Chicken Alfredo
Diced chicken in creamy Cheese Sauce tossed with Tender Pasta
Served with Garlic Bread and sauteed Mushrooms

Macaroni & Cheese
Whole grain pasta tossed in
a creamy cheddar cheese sauce
served with fresh steamed Broccoli

Sweet & Sour Chicken
Crispy battered chicken bites glazed in a sweet and sour sauce over WG rice with Asian mixed veggies.

Blackhawk Burger
All Beef Burger topped with
Crispy Lettuce, tangy Thousand Island Dressing and American Cheese on a WG Bun

2 Soft Tacos
Beef or Chicken and Cheese with a variety of toppings to choose from
Served with refried beans

Grilled Cheese Sandwich
Creamy American Cheese melted between WG Bread slices, Grilled and Served with Tomato Soup

Loaded Popcorn Chicken Tot Bowl
Crispy Popcorn Chicken and creamy Cheddar Cheese Sauce over crispy tater tots.

WING WEDNESDAY!
Crispy Chicken Wings tossed in a variety of sauces to choose from
Served with Crispy Cucumbers and Carrots and Ranch Dressing

Bosco Sticks
Mozzarella cheese filled breadsticks served with Marinara Sauce

Beef and Cheese Nachos
Beef and Cheese on Crispy tortilla chips with optional toppings
Served with refried beans

Chicken Schwarma
Seasoned Chicken served on a whole grain Pita with tangy cucumber sauce and optional diced tomatoes and onions
Served with Crispy Waffle Fries

Popcorn Chicken Bowl
Crispy Popcorn Chicken over Creamy Mashed Potatoes topped with Corn and seasoned chicken gravy.

New Menu Item! Southwest Crunch Burger!!
An all beef patty topped with a blend of cheese, onions, peppers and spices. Topped with crispy tortilla strips for an added crunch!

Sloppy Joe Sandwich
A true comfort food! Seasoned ground beef tossed with a variety of seasonings and sauce and put on a bun. You may want to use a bib, they don't call it "sloppy" for nothing!

Spaghetti w/ Meatballs
Spaghetti served with your choice of either marinara or meat sauce and perfectly seasoned Italian meatballs. Served with garlic bread.

Chicken and Waffles
Crispy White meat breaded Chicken Strips
Served with Sweet Belgian Waffles,
Syrup Cup and optional Sweet Potato Fries

Dorito Taco Cheese Bowl
Crispy Baked Nacho Cheese Doritos
Topped with Beef and Cheese Sauce
Served with refried beans

All Beef Hot Dog Bar
Assorted toppings include all beef chili, cheese sauce, assorted veggie toppings and MORE!

Hungry Howie's Pizza
Your choice of Cheese, Pepperoni OR Veggie hand tossed pizza!
Gluten Free is also available with pre-order ONLY.

menu subject to change without notice
this institution is an equal opportunity provider

IA BREAKFAST

Offered Daily
in the Cafe 7:15am - 7:55am

Choose from Cold and Hot Choices including Apple Cinnamon Texas Toast, Breakfast Sandwiches, 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

Join us in learning about Michigan Produce!

Seasonal Carrots,Blueberries, Apples, Salad Greens, Sweet Potatoes and Much More!

DAIRY free

gluten FREE

100% VEGETARIAN

Gluten Free options available per medical request. *Pre-Order is Required*

Vegetarian and Dairy Free options available. Please call the number below for ANY of the above requests.

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