



MICHIGAN COLLEGIATE

September 2022 k-5 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
					<div>Alternative Entree Options</div> <div>Mondays: Turkey and Cheese Sub Sandwich</div> <div>Tuesdays: Ham and Cheese Sub Sandwich</div> <div>Thursdays: Italian Sub Sandwich</div>
5	6	7	8	9	
<div>Labor Day No School</div>	<div>Beef and Cheese Taco Carrots 100% Fruit Juice Milk</div>	<div>Pizza Romaine Lettuce Orange Milk</div>	<div>Chicken Nuggets Corn Apple Milk</div>	<div>Pizza Romaine Lettuce Banana Milk</div>	
12	13	14	15	16	
<div>All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup Milk</div>	<div>Beef and Cheese Nachos Carrots 100% Fruit Juice Milk</div>	<div>Pizza Romaine Lettuce Orange Milk</div>	<div>All Beef Hamburger on a Whole Wheat Bun, Oven Brown Potatoes, Apple, Milk</div>	<div>Pizza Romaine Lettuce Banana Milk</div>	
19	20	21	22	23	
<div>Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup Milk</div>	<div>Walking Taco Refried Beans 100% Fruit Juice Milk</div>	<div>Pizza Romaine Lettuce Orange Milk</div>	<div>Beef and Bean Chili Whole Wheat Crackers Carrots, Apple, Milk</div>	<div>Pizza Romaine Lettuce Banana Milk</div>	
26	27	28	29	30	
<div>Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup Milk</div>	<div>Beef and Cheese Taco Carrots 100% Fruit Juice Milk</div>	<div>Pizza Romaine Lettuce Orange Milk</div>	<div>Swedish Meatballs Corn Whole Wheat Roll Apple, Milk</div>	<div>Pizza Romaine Lettuce Banana Milk</div>	
<div>Please Note: Due to nationwide disruptions in the food and supply chain and based upon manufacturer and distributor product availability, this menu is likely to change with minimal notice. This institution is an equal opportunity provider.</div>			<div></div>		<div>*All Alternatives served with Fruit and Vegggie of the Day, Plus Milk *</div>
<div>All lunches include Meat or Meat Alternate, Fruits and Vegetables, Bread or Bread Equivalent, and Milk. Milk offered: Fat Free Chocolate or Low Fat White</div>					



September Trivia



Labor Day honors the nearly 164 million people in the nations labor force. The National Education Association is the largest labor union in the United States, with over 2.7 million members. Thank you teachers and faculty! We all love a long weekend to close out the summer. Which president can we thank for making it a national holiday? A) Millard Fillmore B) Ronald Reagan C) Grover Cleveland D) Franklin D. Roosevelt



MICHIGAN COLLEGIATE

September 2022 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
Labor Day No School	Cereal Elf Graham Apple Milk	Snack'n Loaf Fruit Cup 100% Fruit Juice Milk	Assorted Fruit Muf- fin, Craisins 100% Fruit Juice Milk	Benefit Bar Apple Milk
12	13	14	15	16
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk	Yogurt, Elf Graham Fruit Cup 100% Fruit Juice Milk	Bagel with Cream Cheese, Craisins 100% Fruit Juice Milk	Ultimate Breakfast Round Apple Milk
19	20	21	22	23
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Elf Graham Apple Milk	Snack'n Loaf Fruit Cup 100% Fruit Juice Milk	Bagel with Cream Cheese, Craisins 100% Fruit Juice Milk	Banana Chocolate Chunk Benefit Bar Apple Milk
26	27	28	29	30
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk	Yogurt, Elf Graham Fruit Cup 100% Fruit Juice Milk	Bagel with Cream Cheese, Craisins 100% Fruit Juice Milk	Ultimate Breakfast Round Apple Milk

All breakfasts include Fruits and/or Vegetables, Bread or Bread Equivalent, and Milk.

Milk offered: Fat Free Chocolate or Low Fat White

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MICHIGAN COLLEGIATE September 2022 High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
					<div>Alternative Entree Options</div> <div><div>Mondays:</div><div>Turkey and Cheese Sub Sandwich</div><div>Tuesdays:</div><div>Ham and Cheese Sub Sandwich</div><div>Thursdays:</div><div>Italian Sub Sandwich</div></div>
5	6	7	8	9	
<div>Labor Day No School</div>	Beef and Cheese Taco with Toppings Bar Carrots, Applesauce 100% Fruit Juice Milk	Pizza Romaine Lettuce with Toppings Bar Orange, 100% Fruit Juice, Milk	Chicken Nuggets Cheese Crackers Corn Apple Milk	Pizza Romaine Lettuce with Toppings Bar Banana, 100% Fruit Juice, Milk	
12	13	14	15	16	
All Beef Hot Dog on a Whole Wheat Bun with Coney Toppings Bar, Baked Beans Fruit Cup, Milk	Beef and Cheese Nachos with Toppings Bar, Carrots 100% Fruit Juice Applesauce, Milk	Pizza Romaine Lettuce with Toppings Bar Orange, 100% Fruit Juice, Milk	All Beef Hamburger on a Whole Wheat with Toppings Bar Bun, Oven Brown Potatoes, Apple, Milk	Pizza Romaine Lettuce with Toppings Bar Banana, 100% Fruit Juice, Milk	
19	20	21	22	23	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup Milk	Walking Taco with Toppings Bar Refried Beans 100% Fruit Juice Applesauce, Milk	Pizza Romaine Lettuce with Toppings Bar Orange, 100% Fruit Juice, Milk	Beef and Bean Chili with Toppings Bar Whole Wheat Crackers Carrots, Apple, Milk	Pizza Romaine Lettuce with Toppings Bar Banana, 100% Fruit Juice, Milk	
26	27	28	29	30	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup Milk	Beef and Cheese Taco with Toppings Bar Carrots, Applesauce 100% Fruit Juice Milk	Pizza Romaine Lettuce with Toppings Bar Orange, 100% Fruit Juice, Milk	Swedish Meatballs Corn Whole Wheat Roll Apple, Milk	Pizza Romaine Lettuce with Toppings Bar Banana, 100% Fruit Juice, Milk	
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September Trivia

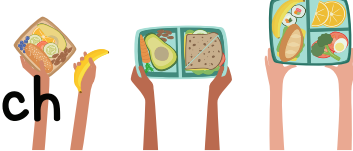


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MICHIGAN COLLEGIATE

September 2022 6-8th Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
5	6	7	8	9	
Labor Day No School	Beef and Cheese Taco Toppings Bar Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce with Toppings Bar Orange Milk	Chicken Nuggets Corn Apple Milk	Pizza Romaine Lettuce with Toppings Bar Banana Milk	Alternative Entree Options <hr/> Mondays: Turkey and Cheese Sub Sandwich <hr/> Tuesdays: Ham and Cheese Sub Sandwich <hr/> Thursdays: Italian Sub Sandwich
12	13	14	15	16	
All Beef Hot Dog on a Whole Wheat Bun with Coney Bar Baked Beans Fruit Cup, Milk	Beef and Cheese Nachos w/ Toppings Bar, Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce with Toppings Bar Orange Milk	All Beef Hamburger on a Whole Wheat Bun with Toppings Bar, Oven Brown Po- tatoes, Apple, Milk	Pizza Romaine Lettuce with Toppings Bar Banana Milk	
19	20	21	22	23	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup Milk	Walking Taco with Toppings Bar Refried Beans 100% Fruit Juice Milk	Pizza Romaine Lettuce with Toppings Bar Orange Milk	Beef and Bean Chili with Toppings Bar Whole Wheat Crackers Carrots, Apple, Milk	Pizza Romaine Lettuce with Toppings Bar Banana Milk	
26	27	28	29	30	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup Milk	Beef and Cheese Taco with Toppings Bar Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce with Toppings Bar Orange Milk	Swedish Meatballs Corn Whole Wheat Roll Apple, Milk	Pizza Romaine Lettuce with Toppings Bar Banana Milk	

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All lunches include Meat or Meat Alternate, Fruits and Vegetables, Bread or Bread Equivalent, and Milk.

Milk offered: Fat Free Chocolate or Low Fat White



*All Alternatives served with Fruit and Veggie of the Day, Plus Milk *



September Trivia



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