



MICHIGAN COLLEGIATE

NOVEMBER 2022 K-5 LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
	1	2	3	4	
	Beef and Cheese Nacho Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce Orange Milk	Baked Mostacioli Whole Wheat Roll Mixed Vegetables Apple Milk	Pizza Romaine Lettuce Banana Milk	Mondays- Turkey and Cheese Sub Sandwich with Lettuce and Tomato
7	8	9	10	11	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup Milk	Walking Taco Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce Orange Milk	Baked Chicken Whole Wheat Roll Corn Apple Milk	Pizza Romaine Lettuce Banana Milk	Tuesdays- Turkey and Cheese Pasta Salad with Veggies
14	15	16	17	18	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup Milk	Chicken and Cheese Taco Refried Beans 100% Fruit Juice Milk	Pizza Romaine Lettuce Orange Milk	Beef and Bean Chili Whole Wheat Crackers Carrots, Apple, Milk	Pizza Romaine Lettuce Banana Milk	Thursdays- Italian Sub Sandwich with Lettuce and Tomato
21	22	23	24	25	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup Milk	Beef and Cheese Taco Carrots 100% Fruit Juice Milk				
28	29	30			
All Beef Hamburger on a Whole Wheat Baked Beans Fruit Cup, Milk	Beef and Cheese Nacho Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce Orange Milk			

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.

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



November Fun Facts

-Despite being our 11th month, "November" can be directly translated to "Ninth Month" in Latin. This is because the original Roman calendar only had ten months, and when the Julian calendar was adopted and two new months were added, they never changed any names.

-November has just one birthstone, the radiant topaz. The topaz is symbolic of many things, but most of all it is a symbol of strength and honor. The ancient Greeks also believed that the stone had the ability to turn oneself invisible.

MICHIGAN COLLEGIATE

NOVEMBER 2022 K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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
7	8	9	10	11
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk	Yogurt, Elf Graham Fruit Cup 100% Fruit Juice Milk	Pop Tarts Craisins 100% Fruit Juice Milk	Ultimate Breakfast Round Apple Milk
14	15	16	17	18
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
21	22	23	24	25
Super Donut Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk			
28	29	30		
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Elf Graham Apple Milk	Snack'n Loaf Fruit Cup 100% Fruit Juice Milk		



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

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October Trivia Answer

Pumpkins are a FRUIT! There are two factors that botanists considered when determining this: pumpkins comes from a flower and they have seeds!

MICHIGAN COLLEGIATE

NOVEMBER 2022 HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
	1	2	3	4	
	Beef and Cheese Nacho Carrots, Craisins, 100% Fruit Juice, Milk Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange 100% Fruit Juice, Milk	Baked Mostacioli Whole Wheat Roll Mixed Vegetables Apple Milk	Pizza Salad Bar Romaine Lettuce Banana 100% Fruit Juice, Milk	Mondays- Turkey and Cheese Sub Sandwich with Lettuce and Tomato
7	8	9	10	11	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup, 100% Fruit Juice, Milk, Toppings Bar	Walking Taco Carrots, Craisins, 100% Fruit Juice Milk, Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange 100% Fruit Juice, Milk	Baked Chicken Whole Wheat Roll Corn Apple Milk	Pizza Salad Bar Romaine Lettuce Banana 100% Fruit Juice, Milk	Tuesdays- Turkey and Cheese Pasta Salad with Veggies
14	15	16	17	18	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup, 100% Fruit Juice, Milk	Chicken and Cheese Taco, Refried Beans Craisins 100% Fruit Juice Milk, Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange 100% Fruit Juice, Milk	Beef and Bean Chili Whole Wheat Crackers Carrots, Apple, Milk	Pizza Salad Bar Romaine Lettuce Banana 100% Fruit Juice, Milk	Thursdays- Italian Sub Sandwich with Lettuce and Tomato
21	22	23	24	25	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup, 100% Fruit Juice, Milk	Beef and Cheese Taco Carrots, Craisins 100% Fruit Juice Milk Toppings Bar				
28	29	30			
All Beef Hamburger on a Whole Wheat Baked Beans Fruit Cup, 100% Fruit Juice, Milk, Toppings Bar	Beef and Cheese Nacho Carrots, Craisins 100% Fruit Juice Mil, Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange 100% Fruit Juice, Milk			

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MICHIGAN COLLEGIATE

NOVEMBER 2022 6-8 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
	1	2	3	4	
	Beef and Cheese Nacho Carrots 100% Fruit Juice, Milk Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange Milk	Baked Mostacioli Whole Wheat Roll Mixed Vegetables Apple Milk	Pizza Salad Bar Romaine Lettuce Banana, Milk	Mondays- Turkey and Cheese Sub Sandwich with Lettuce and Tomato
7	8	9	10	11	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup, Milk Toppings Bar	Walking Taco Carrots 100% Fruit Juice Milk Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange Milk	Baked Chicken Whole Wheat Roll Corn Apple Milk	Pizza Salad Bar Romaine Lettuce Banana, Milk	Tuesdays- Turkey and Cheese Pasta Salad with Veggies
14	15	16	17	18	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup Milk	Chicken and Cheese Taco Refried Beans 100% Fruit Juice, Milk Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange Milk	Beef and Bean Chili Whole Wheat Crackers Carrots, Apple, Milk	Pizza Salad Bar Romaine Lettuce Banana, Milk	Thursdays- Italian Sub Sandwich with Lettuce and Tomato
21	22	23	24	25	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup Milk	Beef and Cheese Taco Carrots 100% Fruit Juice Milk Toppings Bar				
28	29	30			
All Beef Hamburger on a Whole Wheat Baked Beans Fruit Cup, Milk Toppings Bar	Beef and Cheese Nacho Carrots 100% Fruit Juice, Milk Toppings Bar	Pizza Salad Bar Romaine Lettuce Orange Milk			

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MICHIGAN COLLEGIATE

NOVEMBER 2022 FFVP



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cucumber	Broccoli	Radish	
7	8	9	10	11
	Grapes	Tomatoes	Cherries	
14	15	16	17	18
	Blueberries	Cauliflower	Avocado	
21	22	23	24	25
	Strawberries			
28	29	30		
	Pears	Plums		

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