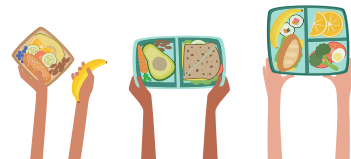
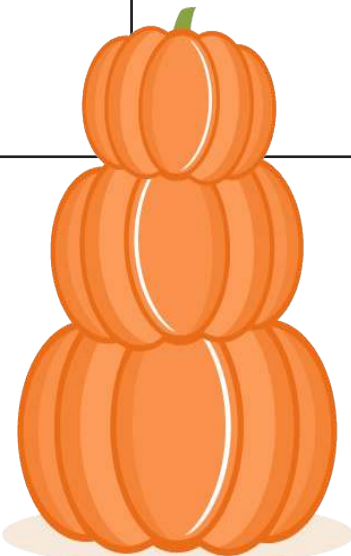




MICHIGAN COLLEGIATE

October 2022 k-5 Lunch

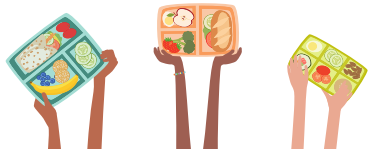


Monday	Tuesday	Wednesday	Thursday	Friday	<div>Alternative Entree Options</div> <div>Mondays: Turkey and Cheese Sub Sandwich</div> <div>Tuesdays: Ham and Cheese Sub Sandwich</div> <div>Thursdays: Italian Sub Sandwich</div> <div><div>*All Alternatives served with Fruit and Vegggie of the Day, Plus Milk *</div><div></div></div>
3	4	5 COUNT DAY!	6	7	
All Beef Hamburger on a Whole Wheat Bun, Baked Beans Fruit Cup, Milk	Beef and Cheese Nacho Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce Orange Milk	Chicken Nuggets Oven Brown Potatoes Apple Milk	Pizza Romaine Lettuce Orange Milk	
10	11	12	13	14	
Macaroni and Cheese Whole Wheat Roll 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	No School	
17	18	19	20	21	
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 Orange Milk	
24	25	26	27	28	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup Milk	Beef and Cheese Taco Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce Orange Milk	Swedish Meatballs Mashed Potatoes Whole Wheat Roll Apple, Milk	Pizza Romaine Lettuce Orange Milk	
31 HALLOWEEN!					
All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup Milk					
<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.</div> <div>This institution is an equal opportunity provider.</div> <div>All lunches include Meat or Meat Alternate, Fruits and Vegetables, Bread or Bread Equivalent, and Milk.</div> <div>Milk offered: Fat Free Chocolate or Low Fat White</div>					

October Trivia

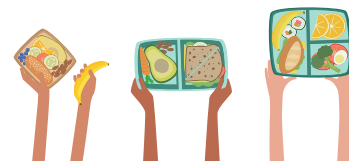
October is for many things, but one common theme of the month is PUMPKINS. Pumpkin pie, jack o' lanterns, pumpkin picking, and more! But what really is a pumpkin anyways? Is it a fruit or vegetable?





MICHIGAN COLLEGIATE

October 2022 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 COUNT DAY!	6	7
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
10	11	12	13	14
Super Donut 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	No School
17	18	19	20	21
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
24	25	26	27	28
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
31 HALLOWEEN!				
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk				

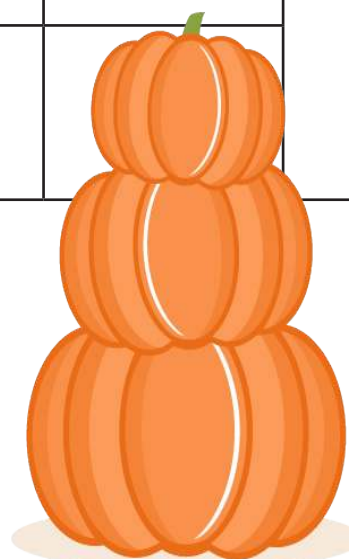
All breakfasts include Fruits and/or Vegetables, Bread or Bread Equivalent, and Milk.

Milk offered: Fat Free Chocolate or Low Fat White

This institution is an equal opportunity provider.

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.



September Trivia Answer

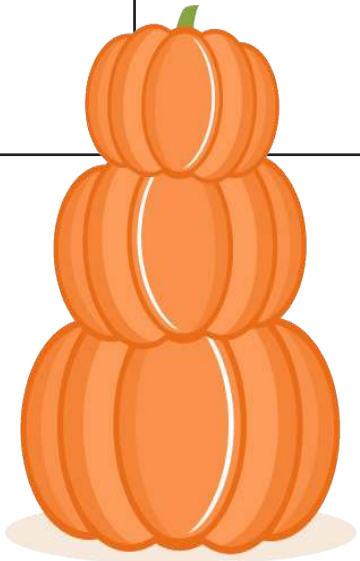
The First Labor Day: By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.



MICHIGAN COLLEGIATE

October 2022 6-8 Lunch

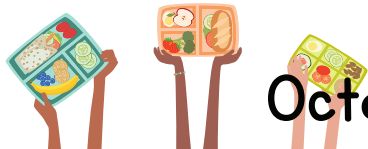


Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
3	4	5 COUNT DAY!	6	7	<p>Mondays:</p> <p>Turkey and Cheese Sub Sandwich</p> <p>Tuesdays:</p> <p>Ham and Cheese Sub Sandwich</p> <p>Thursdays:</p> <p>Italian Sub Sandwich</p> <p>*All Alternatives served with Fruit and Vegggie of the Day, Plus Milk *</p> <p>T.B.=Toppings Bar S.B.= Salad Bar</p>
All Beef Hamburger on a Whole Wheat Bun, Baked Beans Fruit Cup, Milk T.B.	Beef and Cheese Nacho Carrots 100% Fruit Juice Milk, T.B.	Pizza Romaine Lettuce Orange Milk S.B.	Chicken Nuggets Oven Brown Potatoes Apple Milk	Pizza Romaine Lettuce Orange Milk S.B.	
10	11	12	13	14	
Macaroni and Cheese, Whole Wheat Roll Baked Beans Fruit Cup Milk	Walking Taco Carrots 100% Fruit Juice Milk T.B.	Pizza Romaine Lettuce Orange Milk S.B.	Baked Chicken Whole Wheat Roll Corn Apple Milk	No School	
17	18	19	20	21	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup Milk	Chicken and Cheese Taco Refried Beans 100% Fruit Juice Milk, T.B.	Pizza Romaine Lettuce Orange Milk S.B.	Beef and Bean Chili Whole Wheat Crackers Carrots, Apple, Milk	Pizza Romaine Lettuce Orange Milk S.B.	
24	25	26	27	28	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup Milk	Beef and Cheese Taco Carrots 100% Fruit Juice Milk, T.B.	Pizza Romaine Lettuce Orange Milk S.B.	Swedish Meatballs Mashed Potatoes Whole Wheat Roll Apple, Milk	Pizza Romaine Lettuce Orange Milk S.B.	
31 HALLOWEEN!					
All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup Milk, T.B.					
<p>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.</p> <p>This institution is an equal opportunity provider.</p> <p>All lunches include Meat or Meat Alternate, Fruits and Vegetables, Bread or Bread Equivalent, and Milk.</p> <p>Milk offered: Fat Free Chocolate or Low Fat White</p>					

October Trivia

October is for many things, but one common theme of the month is PUMPKINS. Pumpkin pie, jack o' lanterns, pumpkin picking, and more! But what really is a pumpkin anyways? Is it a fruit or vegetable?

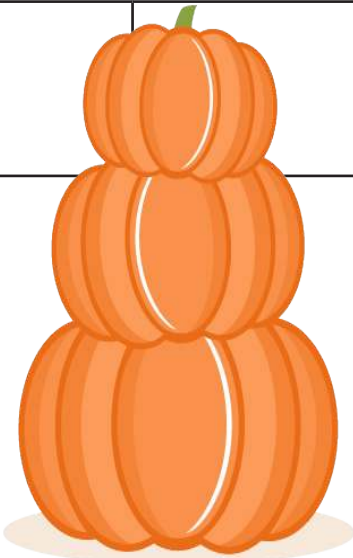




MICHIGAN COLLEGIATE

October 2022 High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	<div>Alternative Entree Options</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>*All Alternatives served with Fruit and Vegggie of the Day, Plus Milk *</div>
3	4	5 COUNT DAY!	6	7	
All Beef Hamburger on a Whole Wheat Bun, Baked Beans Fruit Cup, 100% Fruit Juice, Milk T.B.	Beef and Cheese Nacho Carrots 100% Fruit Juice Craisins, Milk T.B.	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk S.B.	Chicken Nuggets Oven Brown Potatoes Apple Milk	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk S.B.	
10	11	12	13	14	
Macaroni and Cheese, Whole Wheat Roll Baked Beans Fruit Cup, 100% Fruit Juice, Milk	Walking Taco Carrots 100% Fruit Juice Craisins, Milk T.B.	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk S.B.	Baked Chicken Whole Wheat Roll Corn Apple Milk	No School	
17	18	19	20	21	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup 100% Fruit Juice, Milk	Chicken and Cheese Taco Refried Beans 100% Fruit Juice, Craisins, Milk, T.B.	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk S.B.	Beef and Bean Chili Whole Wheat Crackers Carrots, Apple, Milk	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk S.B.	
24	25	26	27	28	
Sloppy Joe on a Whole Wheat Bun Baked Beans Fruit Cup, 100% Fruit Juice, Milk	Beef and Cheese Taco Carrots 100% Fruit Juice, Fruit Cup, Milk, T.B.	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk S.B.	Swedish Meatballs Mashed Potatoes Whole Wheat Roll Apple, Milk	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk S.B.	
31 HALLOWEEN!					
All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup, 100% Fruit Juice, Milk, T.B.					
<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.</div> <div>This institution is an equal opportunity provider.</div> <div>All lunches include Meat or Meat Alternate, Fruits and Vegetables, Bread or Bread Equivalent, and Milk.</div> <div>Milk offered: Fat Free Chocolate or Low Fat White</div>					
<div>T.B.=Toppings Bar S.B.= Salad Bar</div>					





MICHIGAN COLLEGIATE

October 2022 FFVP



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	Peaches	Apples	Cucumbers	
10	11	12	13	14
	Cherries	Grape Tomato	Avocado	
17	18	19	20	21
	Grapes	Snap Peas	Broccoli	
24	25	26	27	28
	Bell Peppers	Cranberries	Banana	
31				

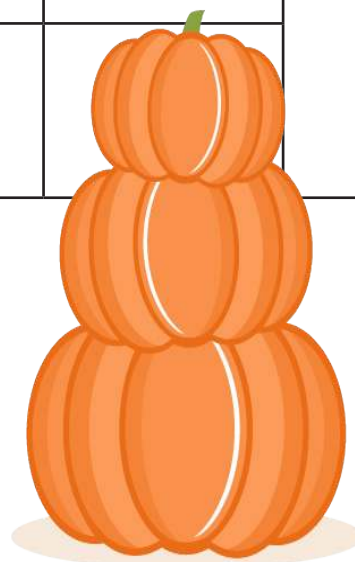
All breakfasts include Fruits and/or Vegetables, Bread or Bread Equivalent, and Milk.

Milk offered: Fat Free Chocolate or Low Fat White

This institution is an equal opportunity provider.

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.



September Trivia Answer

The First Labor Day: By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.