



# Michigan Collegiate December 2022 k-5 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	ALTERNATE ENTREES
			1	2	
			Baked Macaroni and Cheese, Whole Wheat Roll, Corn Apple Milk	Pizza Romaine Lettuce Orange Milk	Mondays- Ham & Cheese Pasta Salad with Veggies
5	6	7	8	9	
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 Orange Milk	Tuesdays- Ham & Cheese Sandwich with Lettuce and Tomato
12	13	14	15	16	
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	Thursdays- Chef Salad with Whole Wheat Roll
19	20	21	22	23	
					Fridays- Italian Sub with Lettuce and Tomato
26	27	28	29	30	

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



“To appreciate the beauty of a snowflake it is necessary to stand out in the cold.” – Aristotle



# Michigan Collegiate December 2022 k-12 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Bagel with Cream Cheese, Craisins 100% Fruit Juice Milk	Banana Chocolate Chunk Benefit Bar Apple Milk
5	6	7	8	9
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
12	13	14	15	16
Super Donut 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
19	20	21	22	23
26	27	28	29	30

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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“Welcome winter. Your late dawns and chilled breath make me lazy, but I love you nonetheless.”

– Terri Guillemets



# Michigan Collegiate December 2022 6-8 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	ALTERNATE ENTREES
			1	2	
			Baked Macaroni and Cheese, Whole Wheat Roll, Corn Apple Milk	Pizza Romaine Lettuce Orange Milk Salad Bar	Mondays- Ham & Cheese Pasta Salad with Veggies
5	6	7	8	9	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans Fruit Cup, Milk Coney Toppings Bar	Walking Taco Carrots 100% Fruit Juice Milk Toppings Bar	Pizza Romaine Lettuce Orange Milk Salad Bar	Baked Chicken Whole Wheat Roll Corn Apple Milk	Pizza Romaine Lettuce Orange Milk Salad Bar	Tuesdays- Ham & Cheese Sandwich with Lettuce and Tomato
12	13	14	15	16	
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 Romaine Lettuce Orange Milk Salad Bar	Beef and Bean Chili Whole Wheat Crackers, Carrots, Apple, Milk Toppings Bar	Pizza Romaine Lettuce Orange Milk Salad Bar	Thursdays- Chef Salad with Whole Wheat Roll
19	20	21	22	23	
					Fridays- Italian Sub with Lettuce and Tomato
26	27	28	29	30	
					

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Milk offered: Fat Free Chocolate or Low Fat White



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# Michigan Collegiate December 2022 High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	ALTERNATE ENTREES
			1	2	
			Baked Macaroni and Cheese, Whole Wheat Roll, Corn Apple Milk	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk Salad Bar	Mondays- Ham & Cheese Pasta Salad with Veggies
5	6	7	8	9	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Fruit Cup, Milk, Coney Toppings Bar	Walking Taco Carrots 100% Fruit Juice, Applesauce Milk Toppings Bar	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk Salad Bar	Baked Chicken Whole Wheat Roll Corn Apple Milk	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk Salad Bar	Tuesdays- Ham & Cheese Sandwich with Lettuce and Tomato
12	13	14	15	16	
Chicken Patty on a Whole Wheat Bun Potato Wedges Fruit Cup, 100% Fruit Juice, Milk	Chicken and Cheese Taco Refried Beans 100% Fruit Juice, Applesauce, Milk, Toppings Bar	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk Salad Bar	Beef and Bean Chili Whole Wheat Crackers, Carrots, Apple, Milk Toppings Bar	Pizza Romaine Lettuce Orange, 100% Fruit Juice, Milk Salad Bar	Thursdays- Chef Salad with Whole Wheat Roll
19	20	21	22	23	
					Fridays- Italian Sub with Lettuce and Tomato
26	27	28	29	30	

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Milk offered: Fat Free Chocolate or Low Fat White



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# Michigan Collegiate

## December 2022 Fresh Fruits & Vegetables Program



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Avocado	
5	6	7	8	9
	Bell Peppers	Pomegranate	Grape Tomatoes	
12	13	14	15	16
	Rambutan	Cucumber	Berries	
19	20	21	22	23
26	27	28	29	30

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