



Michigan Collegiate October 2023 k-5 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
2	3	4 COUNT DAY!	5	6	
BBQ Shredded Chicken on a Whole Wheat Bun, Baked Beans 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Hamburger Mac and Cheese Green Beans Applesauce Milk	Pizza Carrots Banana Milk	Mondays: Ham and Cheese Sandwich
9	10	11	12	13	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans 100% Fruit Juice Milk	Walking Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	All Beef BBQ Meatballs Whole Wheat Roll Mashed Potatoes, Applesauce, Milk	Pizza Cucumbers Banana Milk	Tuesdays: Chef Salad with Whole Wheat Roll
16	17	18	19	20	
No School	Beef and Cheese Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Oven Baked Chicken Whole Wheat Roll Oven Brown Potatoes, Applesauce, Milk	Pizza Carrots Banana Milk	Thursdays: Italian Sandwich
23	24	25	26	27	
Sloppy Joe on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Milk	Beef and Cheese Nacho Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Breakfast for Lunch! Scrambled Eggs, Waffle, Oven Brown Potatoes, Applesauce, Milk	Pizza Cucumbers Banana Milk	
30	31				
All Beef Cheeseburger on a Whole Wheat Bun, Baked Beans 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange Milk				
<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>					

Breakfast available daily in your school entrance way!



Michigan Collegiate October 2023 6-8 Lunch



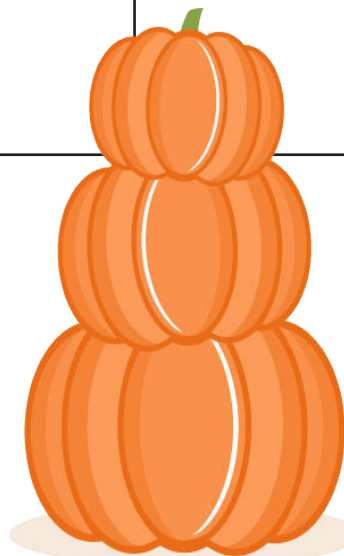
Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
2	3	4 COUNT DAY!	5	6	
BBQ Shredded Chicken on a Whole Wheat Bun, Baked Beans 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Hamburger Mac and Cheese Green Beans Applesauce Milk	Pizza Romaine Lettuce Banana Milk	Mondays: Ham and Cheese Sandwich
9	10	11	12	13	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans 100% Fruit Juice Milk	Walking Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	All Beef BBQ Meatballs Whole Wheat Roll Mashed Potatoes, Applesauce, Milk	Pizza Romaine Lettuce Banana Milk	Tuesdays: Chef Salad with Whole Wheat Roll
16	17	18	19	20	
No School	Beef and Cheese Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Oven Baked Chicken Whole Wheat Roll Oven Brown Potatoes, Applesauce, Milk	Pizza Romaine Lettuce Banana Milk	Thursdays: Italian Sandwich
23	24	25	26	27	
Sloppy Joe on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Milk	Beef and Cheese Nacho Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Breakfast for Lunch! Scrambled Eggs, Waffle, Oven Brown Potatoes, Applesauce, Milk	Pizza Romaine Lettuce Banana Milk	*Salad Bar Available on Wednesdays and Fridays*
30	31				
All Beef Hamburger on a Whole Wheat Bun, Baked Beans 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange Milk				*Taco Toppings Bar Available on Taco Tuesdays*

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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

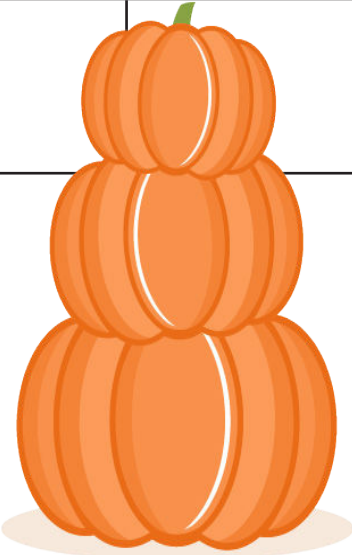


Breakfast available daily in your school entrance way!



Michigan Collegiate October 2023 High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
2	3	4 COUNT DAY!	5	6	
BBQ Shredded Chicken on a Whole Wheat Bun, Baked Beans, Craisins 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Apple Milk	Hamburger Mac and Cheese Green Beans Applesauce, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Banana 100% Fruit Juice Milk	Mondays: Ham and Cheese Sandwich
9	10	11	12	13	
All Beef Hot Dog on a Whole Wheat Bun Baked Beans, Craisins 100% Fruit Juice Milk	Walking Taco Carrots Orange, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Apple Milk	All Beef BBQ Meatballs Whole Wheat Roll Mashed Potatoes, Applesauce, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Banana 100% Fruit Juice Milk	Tuesdays: Chef Salad with Whole Wheat Roll
16	17	18	19	20	
No School	Beef and Cheese Taco Carrots Orange, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Apple Milk	Oven Baked Chicken Whole Wheat Roll Oven Brown Potatoes, Applesauce, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Banana 100% Fruit Juice Milk	Thursdays: Italian Sandwich
23	24	25	26	27	
Sloppy Joe on a Whole Wheat Bun Baked Beans, Craisins 100% Fruit Juice, Milk	Beef and Cheese Nacho Carrots Orange, Milk, 100% Fruit Juice	Pizza Romaine Lettuce Apple Milk	Breakfast for Lunch! Scrambled Eggs, Waffle, Oven Brown Potatoes, Applesauce, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Banana 100% Fruit Juice Milk	*Salad Bar Available on Wednesdays and Fridays*
30	31				
All Beef Hamburger on a Whole Wheat Bun, Baked Beans, Craisins 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange, 100% Fruit Juice, Milk				*Taco Toppings Bar Available on Taco Tuesdays*
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<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>					



Michigan Collegiate October 2023 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Super Donut Applesauce 100% Fruit Juice Milk	Cereal Graham Cracker Apple Milk	Snack'n Loaf Banana 100% Fruit Juice Milk	Bagel with Cream Cheese, Orange 100% Fruit Juice Milk	Banana Chocolate Chunk Benefit Bar Pear, 100% Fruit Juice, Milk
9	10	11	12	13
Pop Tarts Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk	Yogurt, Graham Cracker, Craisins 100% Fruit Juice Milk	Bagel with Cream Cheese, Pears 100% Fruit Juice Milk	Ultimate Breakfast Round Orange, 100% Fruit Juice, Milk
16	17	18	19	20
No School	Cereal Graham Cracker Apple Milk	Snack'n Loaf Banana 100% Fruit Juice Milk	Bagel with Cream Cheese, Orange 100% Fruit Juice Milk	Super Donut Pear 100% Fruit Juice Milk
23	24	25	26	27
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk	Yogurt, Graham Cracker, Craisins 100% Fruit Juice Milk	Bagel with Cream Cheese, Pears 100% Fruit Juice Milk	Pop Tarts Orange 100% Fruit Juice Milk
30	31			
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Graham Cracker Apple Milk			

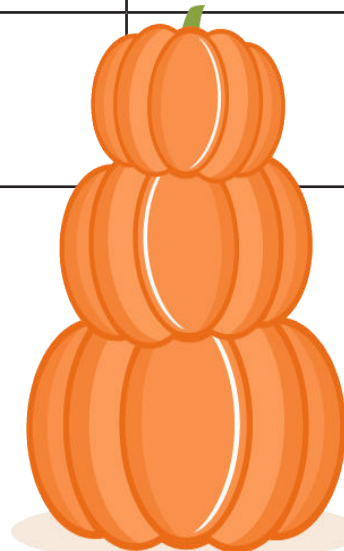
All breakfasts include Fruits and/or Vegetables, Bread or Bread Equivalent, and Milk.

Milk offered: Fat Free Chocolate or Low Fat White

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Michigan Collegiate October 2023 GSRP Breakfast



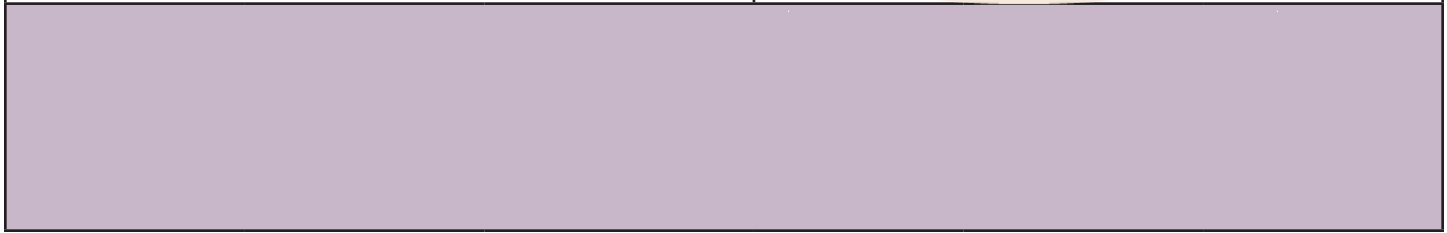
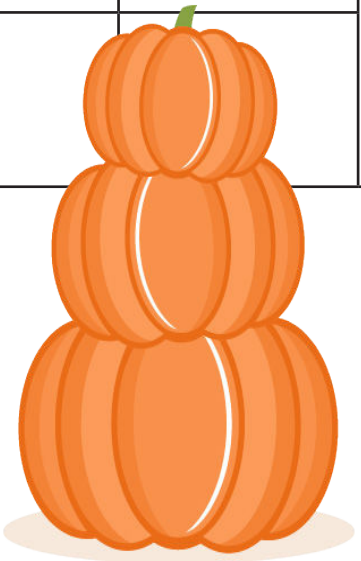
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Assorted Fruit Muffin Applesauce Milk	Cereal Graham Cracker Apple Milk	Snack'n Loaf Banana Milk	Bagel with Cream Cheese, Orange Milk	Cereal Pear Milk
9	10	11	12	13
Assorted Fruit Muffin Applesauce Milk	Cereal Cheese Stick Apple Milk	Yogurt, Graham Cracker, Craisins Milk	Bagel with Cream Cheese, Pears Milk	Cereal Orange Milk
16	17	18	19	20
No School	Cereal Graham Cracker Apple Milk	Snack'n Loaf Banana Milk	Bagel with Cream Cheese, Orange Milk	Cereal Pear Milk
23	24	25	26	27
Assorted Fruit Muffin Applesauce Milk	Cereal Cheese Stick Apple Milk	Yogurt, Graham Cracker, Craisins Milk	Bagel with Cream Cheese, Pears Milk	Cereal Orange Milk
30	31			
Assorted Fruit Muffin Applesauce Milk	Cereal Graham Cracker Apple Milk			

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

Milk offered: Fat Free White or Low Fat White

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Michigan Collegiate October 2023 GSRP Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 COUNT DAY!	5	6
BBQ Shredded Chicken on a Whole Wheat Bun, Baked Beans, 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Hamburger Mac and Cheese Green Beans Applesauce Milk	Pizza Carrots Banana Milk
9	10	11	12	13
All Beef Hot Dog on a Whole Wheat Bun Baked Beans 100% Fruit Juice Milk	Walking Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	All Beef BBQ Meatballs Whole Wheat Roll Mashed Potatoes, Applesauce, Milk	Pizza Cucumbers Banana Milk
16	17	18	19	20
No School	Beef and Cheese Taco Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Oven Baked Chicken Whole Wheat Roll Oven Brown Potatoes, Applesauce, Milk	Pizza Carrots Banana Milk
23	24	25	26	27
Sloppy Joe on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Milk	Beef and Cheese Nacho Carrots Orange Milk	Pizza Romaine Lettuce Apple Milk	Breakfast for Lunch! Scrambled Eggs, Waffle, Oven Brown Potatoes, Applesauce, Milk	Pizza Cucumbers Banana Milk
30	31			
All Beef Hamburger on a Whole Wheat Bun, Baked Beans 100% Fruit Juice, Milk	Chicken and Cheese Taco Carrots Orange Milk			

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