



MICHIGAN COLLEGIATE ELEMENTARY

OCTOBER K-6 LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday	Alternatives
			1	2	Oct 1-2
WG = Whole Grain WW = Whole Wheat			All Beef Chili Dog on WW Bun Oven Brown Potatoes Banana Milk	Pizza Carrots Apple Milk	A) Turkey and Cheese Sub B) Chef Salad with WW Roll
5	6	7 COUNT DAY!	8	9	Oct 5th - 9th
WG Popcorn Chicken Mash-Up Mashed Potatoes and Corn 100% Fruit Juice Milk	Beef and Cheese Nacho WG Chips Carrots Peach Fruit Cup Milk	Pizza Romaine Lettuce Banana Milk	All Beef Hamburger Baked Beans Orange Milk	Pizza Broccoli Apple Milk	A) Italian Sub B) Yogurt Parfait with Cheese Stick
12	13	14	15	16	Oct 12th - 16th
WG Baked Chicken Drummies *New* Baked Beans 100% Fruit Juice Milk	Walking Taco WG Chips Carrots Pear Fruit Cup Milk	Pizza Romaine Lettuce Banana Milk	Breakfast for Lunch! Waffles and Scrambled Eggs Oven Brown Potatoes Orange Milk	Pizza Cucumbers Apple Milk	A) Turkey and Cheese Sub B) Crispy Chicken Salad WW Roll
19	20	21	22	23	Oct 19th - 23rd
Bosco Sticks Carrots 100% Fruit Juice Milk	Beef and Cheese Taco Ranchero Beans Mandarin Orange Fruit Cup Milk	Pizza Romaine Lettuce Banana Milk	All Beef BBQ Meatballs WW Roll Mashed Potatoes Orange Milk	Pizza Cole Slaw Apple Milk	A) Italian Sub B) Wowbutter and Jelly Sandwich
26	27	28	29	30	Oct 26th - 29th
WW Spaghetti WW Roll Green Beans 100% Fruit Juice Milk	Beef and Cheese Nacho WG Chips Carrots Asst. Fruit Cup Milk	Pizza Romaine Lettuce Banana Milk	1) WG Grilled Cheese or 2) BBQ Beef Riblet on WW Bun w/ Oven Brown Potatoes, Orange, Milk	No School	A) Turkey and Cheese Sub B) Chef Salad with WW Roll

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: Low Fat Chocolate or Low Fat White





MICHIGAN COLLEGIATE ELEMENTARY OCTOBER GSRP LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WG = Whole Grain WW = Whole Wheat			All Beef Chili Dog on WW Bun Oven Brown Potatoes Banana Milk	Pizza Carrots Apple Milk
5	6	7 COUNT DAY!	8	9
WG Popcorn Chicken Mash-Up Mashed Potatoes and Corn Craisins Milk	Beef and Cheese Nacho WG Chips Carrots Peach Fruit Cup, Milk	Pizza Romaine Lettuce Banana Milk	All Beef Hamburger Baked Beans Orange Milk	Pizza Broccoli Apple Milk
12	13	14	15	16
WG Baked Chicken Drummies *New* Baked Beans Craisins Milk	Walking Taco WG Chips Carrots Pear Fruit Cup Milk	Pizza Romaine Lettuce Banana Milk	Breakfast for Lunch! Waffles and Scrambled Eggs Oven Brown Potatoes Orange Milk	GSRP No School
19	20	21	22	23
Bosco Sticks Carrots Craisins Milk	Beef and Cheese Taco Ranchero Beans Mandarin Orange Fruit Cup, Milk	Pizza Romaine Lettuce Banana Milk	All Beef BBQ Meatballs WW Roll Mashed Potatoes Orange Milk	Pizza Cole Slaw Apple Milk
26	27	28	29	30
WW Spaghetti WW Roll Green Beans Craisins Milk	Beef and Cheese Nacho WG Chips Carrots Asst. Fruit Cup Milk	Pizza Romaine Lettuce Banana Milk	WG Grilled Cheese w/ Oven Brown Potatoes, Orange, Milk	No School

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

Milk offered: Fat Free White or Low Fat White



MICHIGAN COLLEGIATE ELEMENTARY

OCTOBER K-6 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
			Strawberry Bagelful Apple Milk	Asst. Cereal Asst. Fresh Fruit 100% Fruit Juice Milk	
5	6	7 COUNT DAY!	8	9	
WG Cocoa Puff Cereal Bar Asst. Applesauce 100% Fruit Juice Milk	WG Mini Fruit Muffin Craisins 100% Fruit Juice Milk	WW Pull Apart Donuts Asst. Fruit Cup 100% Fruit Juice Milk	WG French Toast Bread Loaf Apple Milk	Ultimate Breakfast Round Asst. Fresh Fruit 100% Fruit Juice Milk	
12	13	14	15	16	
Asst WG Cereal Asst. Applesauce 100% Fruit Juice Milk	Snack'n Waffle Apple Slices 100% Fruit Juice Milk	Betty Crocker Double Chocolate Oatmeal Bar, Asst. Fruit Cup 100% Fruit Juice Milk	Cinnamon Bagelful Apple Milk	WG Lemon Bread Super Slice Asst. Fresh Fruit 100% Fruit Juice Milk	
19	20	21	22	23	
WG Cinnamon Toast Crunch Cereal Bar Asst. Applesauce 100% Fruit Juice Milk	Poptarts Craisins 100% Fruit Juice Milk	Zee Zee Bar Asst. Fruit Cup 100% Fruit Juice Milk	Honey Wheat Bagel with Cream Cheese Apple Milk	Appleways Chocolate Chip Waffle Crisps Asst. Fresh Fruit 100% Fruit Juice Milk	
26	27	28	29	30	
WG Cereal Asst. Applesauce 100% Fruit Juice Milk	DeWafelbakkers Blue- berry Pancakes Apple Slices 100% Fruit Juice Milk	Asst. WG Muffin Loaf Asst. Fruit Cup 100% Fruit Juice Milk	Hadley Farms Apple Roll Asst. Fresh Fruit 100% Fruit Juice Milk	No School	WG = Whole Grain WW = Whole Wheat

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

Milk offered: Low Fat Chocolate or Low Fat White

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MICHIGAN COLLEGIATE ELEMENTARY

OCTOBER GSRP BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
			Strawberry Bagelful Apple Milk	Asst. Cereal Asst. Fresh Fruit Milk	
5	6	7 COUNT DAY!	8	9	
Asst. Bagelful Asst. Applesauce Milk	WG Mini Fruit Muffin Craisins Milk	Asst. Cereal Asst. Fruit Cup Milk	WG French Toast Bread Loaf Apple Milk	Asst. Fruit Muffin Asst. Fresh Fruit Milk	
12	13	14	15	16	
Asst WG Cereal Asst. Applesauce Milk	Snack'n Waffle Apple Slices Milk	Asst. Fruit Muffin Asst. Fruit Cup Milk	Cinnamon Bagelful Apple Milk	GSRP No School	
19	20	21	22	23	
WG Lemon Bread Slice, Asst. Applesauce Milk	Asst. Cereal Craisins Milk	WG Mini Fruit Muffin Asst. Fruit Cup Milk	Honey Wheat Bagel with Cream Cheese Apple Milk	Appleways Waffle Crisps Asst. Fresh Fruit Milk	
26	27	28	29	30	
WG Cereal Asst. Applesauce Milk	DeWafelbakkers Blue- berry Pancakes Apple Slices Milk	Asst. WG Muffin Loaf Asst. Fruit Cup Milk	Hadley Farms Apple Roll Asst. Fresh Fruit Milk	No School	WG = Whole Grain WW = Whole Wheat

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 ELEMENTARY

OCTOBER GSRP SNACK



Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	
			Goldfish 100% Fruit Juice	Cheese Stick 100% Fruit Juice	
5	6	7 COUNT DAY!	8	9	
Cheez-Its 100% Fruit Juice	Pretzels 100% Fruit Juice	Graham Cracker 100% Fruit Juice	Goldfish 100% Fruit Juice	Cheese Stick 100% Fruit Juice	
12	13	14	15	16	
Cheez-Its 100% Fruit Juice	Pretzels 100% Fruit Juice	Graham Cracker 100% Fruit Juice	Goldfish 100% Fruit Juice	GSRP No School	
19	20	21	22	23	
Cheez-Its 100% Fruit Juice	Pretzels 100% Fruit Juice	Graham Cracker 100% Fruit Juice	Goldfish 100% Fruit Juice	Cheese Stick 100% Fruit Juice	
26	27	28	29	30	
Cheez-Its 100% Fruit Juice	Pretzels 100% Fruit Juice	Graham Cracker 100% Fruit Juice	Goldfish 100% Fruit Juice	No School	All grains served meet the CACFP whole grain- rich criteria.

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