

Michigan Educational Choice Center Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	Bag Breakfast Golden Grahams Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Apple Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Double ChocolateChip Muffin Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Cinnamon Toast Crunch Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk
	1	2	3	4
Bag Breakfast Blueberry Chex Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Golden Grahams Bar Vanilla Goldfish 100% Juice Fruit Cup 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Apple Roll Craisins 100% Juice 1% White Milk or 1% Chocolate Milk
7	8	9	10	11
	Bag Breakfast Cinnamon Toast Crunch Cereal Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Strawberry Nutrigrain Bar Vanilla Goldfish Pineapple Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Goody Bun Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk
14	15	16	17	18
Bag Breakfast Raisin Bran Cereal WG Animal Grahams Diced Peach cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Banana Muffin Mini Vanilla Goldfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Bagel with Cream Cheese Fresh Apple 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Frosted Flakes Vanilla Godfish Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Cinnamon Bun Mixed Fruit Cup 100% Juice 1% White Milk or 1% Chocolate Milk
21	22	23	24	25
Bag Breakfast Blueberry Nutrigrain Bar Vanilla Goldfish Diced Pear Cup 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Blueberry Chex Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	Bag Breakfast Cinnamon Goldfish Cracker Fresh Apple 100% Juice Dannon Nonfat Creamy Yogurt 1% White Milk or 1% Chocolate Milk	Bag Breakfast WG Blueberry Muffin Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk	
28	29	30	31 Happy Halloween!	



Thought for Thought

Tips & Information

Halloween Fun Facts:

- 1) The holiday has been around for about 6000 years and it is believed to have originated around 4000 B.C. in Ireland.
- 2) Americans spend about \$6.9 billion on Halloween – most of it for candy, costumes and parties
- 3) Pumpkins are a fruit, not a vegetable
- 4) Candy corn was originally named "chicken feed"

In accordance with federal civil rights law and the USDA this institutuain is prohibited from discriminating on the basis of race, color, national origin, sex, gender identity, sexual orientation, disability, age or for prior civil rights activity

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"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & 1%Chocolate Milk
available daily.



****Menu Subject to Change****

Michigan Educational Choice Center Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Beef Rib Patty on WG Bun Potato Wedges Diced Pears 1% White or 1% Chocolate Milk 1	Walking Taco w/ WG Corn Chips Texas Ranchero Pinto Beans Fresh Gala Apple 1% White or 1% Chocolate Milk 2	Italian Meatball Sub on WG Bun Maple Carrot Coins Fresh Banana 1% White or 1% Chocolate Milk 3	BBQ Chicken on WG Bun Seasoned Green Beans Fresh Orange 1% White or 1% Chocolate Milk 4
WG Pizza Slice 100% Mango Splash Juice Box Fruit mix 1% White or 1% Chocolate Milk 7	Breaded Chicken Parm Sandwich on WG Bun Tossed Salad with Ranch Diced Peaches 1% White or 1% Chocolate Milk 8	Popcorn Chicken w/ Dinner Roll Baked Beans Fresh Gala Apple 1% White or 1% Chocolate Milk 9	Chicken in Gravy w/ Biscuit Mashed Potato Fresh Banana 1% White or 1% Chocolate Milk 10	Teriyaki Beef Dippers w/ Brown Rice Fresh Steamed Broccoli Florets Fresh Orange 1% White or 1% Chocolate Milk 11
	Crispy Chicken Sandwich w/ Bacon on WG Bun Baked Beans Pineapple Tidbits 1% White or 1% Chocolate Milk 14	Chicken Strips & Waffle Maple Carrot Coins Fresh Gala Apple 1% White or 1% Chocolate Milk 15	Cheesy Taco Penne Tossed Salad with Ranch Fresh Banana 1% White or 1% Chocolate Milk 16	Breaded Chicken Patty on WW Bun 17
WG Pizza Slice Fresh Broccoli & Ranch Dressing Fruit mix 1% White or 1% Chocolate Milk 21	Crispy Chicken Sandwich on WG Bun Maple Carrot Coins Diced Peaches 1% White or 1% Chocolate Milk 22	Sloppy Joe Sliders Seasoned Corn WG Slider Bun Fresh Gala Apple 1% White or 1% Chocolate Milk 23	Chicken Fajita with Tortilla Texas Ranchero Pinto Beans Fresh Banana 1% White or 1% Chocolate Milk 24	Cheeseburger Mac w/Dinner Roll Seasoned Green Beans Fresh Orange 1% White or 1% Chocolate Milk 25
WG Pizza Slice Baby Carrots w/Ranch Diced Pears 1% White or 1% Chocolate Milk 28	Cheeseburger Meatloaf on WW Bun Fresh Steamed Broccoli Florets Pineapple Tidbits 1% White or 1% Chocolate Milk 29	Chicken & Bean Burrito with WW Tortilla Texas Ranchero Pinto Beans Fresh Gala Apple 1% White or 1% Chocolate Milk 30	Texas Chili w/ Dinner Roll Potato Wedges Fresh Banana 1% White or 1% Chocolate Milk 31	



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