

# OCTOBER 2016

## MID MICHIGAN LEADERSHIP ACADEMY

FREE Breakfast is served before school each day in the multi-purpose room.

Please remind your child to sign up for FREE lunch in the classroom each day so we can prepare lunch for them.

(V) Meatless - \* Turkey Product - % Beef Product - \*\*\* Chicken

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Cheese Calzone (V)  Broccoli Bites Celery Sticks Confetti Lettuce Local Farm Apple	<b>4</b> Chicken Patty / Bun  Seasoned Potato Wedges Baby Carrots Grape Tomatoes Mixed Fruit	<b>5</b> Little Caesar Pizza  <u>Frozen Fruit Sorbet</u>  Broccoli Bites Celery Sticks 100% Juice	<b>6</b> <u>Asian Chicken Salad Bar</u> Pulled Chicken Romaine & Nappa Cabbage Matchstick Carrots Cucumber Coins Chow Mein Noodles Broccoli Bites Mandarin Oranges Lunch Bunch Grapes	<b>7</b> Cheese Quesadilla  Confetti Lettuce Refried Beans Cauliflower Bites Applesauce
<b>10</b> Cheeseburger/ Bun  Corn  Dorito Chips Baby Carrots Celery Sticks Mixed Fruit	<b>11</b> Twisted Pasta with Meat Sauce % w/ Bread Stick  Cucumber Coins Grape Tomatoes Broccoli Bites Sliced Peaches	<b>12</b> <u>Southwest Taco Salad Bar</u> Taco Meat & Shredded Cheese Confetti Lettuce Black Beans Diced Tomatoes Roasted Corn - Nacho Chips Southwest Ranch & Italian Pineapple Tidbits	<b>13</b> <u>Perfect Attendance Lunch</u>  BBQ Rib Patty /Bun  Baked Beans Jicama Sticks Cucumber Coins Baby Carrots Watermelon	<b>14</b> Orange Chicken/ Rice  Broccoli Bites Pepper Strips Applesauce Fresh Pear
<b>17</b> Chicken Smackers/ Sauce Dinner Roll/Margarine  Roasted Deli Potatoes Baby Carrots Celery Sticks Grape Tomatoes Pineapple Tidbits	<b>18</b> Salisbury Steak Dinner Roll/Honey  Mashed Potatoes/Gravy Broccoli Bites Confetti Lettuce Grape Tomatoes Mixed Fruit	<b>19</b> Pancakes/Syrup Omelet  Cucumber Coins Baby Carrots Lunch Bunch Grapes 100% Juice	<b>20</b> <u>Grilled Chicken Salad Bar</u> Grilled Chicken Bites Confetti Lettuce - Cheese Grape Tomatoes Matchstick Carrots Cucumber Slices Croutons - Dressing Dinner Roll - Margarine Sliced Michigan Apples	<b>21</b> Sloppy Joe/ Bun  Baked Beans Celery Sticks Baby Carrots Sliced Peaches
<b>24</b> Orange Chicken Steamed Rice  Jicama Celery Sticks Baby Carrots Mandarin Oranges	<b>25</b> Macaroni & Cheese (V) / Dinner Roll / Margarine  Pepper Strips Confetti Lettuce Grape Tomatoes Sliced Pears	<b>26</b> English Muffin with Egg, Cheese & Sausage  Hash Brown Patty Celery Sticks Broccoli Bites Michigan Sliced Apples 100% Juice	<b>27</b> <u>Southwest Taco Salad Bar</u> Taco Meat & Shredded Cheese Confetti Lettuce Black Beans Diced Tomatoes Roasted Corn - Nacho Chips Southwest Ranch & Italian Pineapple Tidbits	<b>28</b> Cheese Stuffed Bosc (V) Pizza Dipping Sauce  Celery Sticks Broccoli Bites Baby Carrots Orange Quarters
<b>31</b> Chicken Nuggets/ Warm Bread Stick  <u>Frozen Orange Fruit Sorbet</u> Baby Carrots Broccoli Bites Local Farm Apple	<b>BREAKFAST</b> Enhance your academic and physical performance by eating breakfast every day.	<b>Buying Michigan</b>  We continue to purchase as many Michigan produced products as possible. This includes produce, milk, bread items, meat, poultry, grocery items, paper supplies and chemicals.	<b>SPECIAL DIETARY NEEDS</b> If a doctor has determined that your child has a disability that would prevent them from eating the regular school, please contact the school office for the appropriate form to be completed by a licensed physician. You should renew the form each school year.	

### Nutrition Bar

Fruits and vegetables are offered on a self-serve bar that is part of the meal. A ½ cup serving of fruit or vegetable must be taken with each meal.

Complimentary condiments will be offered with each entrée.

### ATTENTION PARENTS:

If your student will be late for school, please call the office before 8:00 a.m. to order lunch for your child.  
**Thank you!!**

Milk offered with each meal:  
 FF chocolate and FF white

This institution is an equal opportunity employer and provider.