



**Old Newsboys of Flint, Inc.
6255 Taylor Drive, Flint, MI 48507**

***Coat and Shoe/Boot Program 2023 School Year
August 29, 2023***

Dear Parents and administrators:

The Old Newsboys of Flint wants to make sure you are aware of our Coat and Shoe / Boot Program for students in Genesee County Schools K-8th Grade.

To see if your child is eligible for a shoe /boot certificate:

- ***Contact our office at 810.744.1840. Basically, the only eligibility requirements for the shoe /boot certificates are:***
- ***Students / children are in K-8 Grade.***
- ***They DID NOT receive services last year as this program is offered every other year to students to ensure we help as many as we can.***

Once you contact our office we can mail your shoe /boot certificate(s) to you or you can pick up at our office.

The eligibility requirements for a new coat are the same as the Shoe / Boot requirement with the addition of the following:

- ***The parent / guardian MUST make an Appointment for the student / child to be fitted for the coat AND the Child must be present.***
- ***As a note, if your child is a 2X or larger we need to have you tell us that on the phone when you call for the appointment as our supply of 2X's is very limited.***
- ***Appointment will most likely be during school hours. We will supply a note upon request to excuse the absence if necessary.***

This is a first come first serve program while supplies last. We will begin to supply Shoe / Boot Certificates August 28h 2023 and making Coat appointments beginning the week of October 30th.

***Lisa D. Kirk
Director of Programs and Volunteers
810.744.1840
lkirk@oldnewsboys.org***



Torrey Hill & West Shore Menu August 28- Sept. 29, 2023

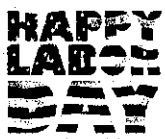


To complete the meal, you must choose 1 or more of the vegetables and or fruits offered.

Students Breakfast \$0.00 Lunch \$0.00 Milk \$0.60 Adult Breakfast \$2.00 Lunch \$5.11

Numbers in () are approximate carb count for that item

Mon 28	Tue 29	Wed 30	Thu 31	Fri Sept. 1
Breakfast 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit & Milk Lunch  Half Day no lunches served! Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Refried Beans (24) Fruit Choices: Fresh Pears (25) Pineapple (20) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Eggo French Tst (37) 2. Cereal/String Cheese (22) 3. Bagel/Cream Cheese (35) Choice of Fruit & Milk Lunch A. Maple Pancakes (36), Syrup (30), Sausage patties-2 (2) B. Chicken Nuggets(13)Goldfish Crackers(14) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Hash Browns (15) Fruit Choices: Fresh Pears (25) Pineapple (20) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Breakfast Sandwich (37) 2. Cereal Kit (23) 3. Poptart/String Cheese (37) Choice of Fruit & Milk Lunch A. Hot Dog on a Bun (22) B. Chicken Nuggets(13)Goldfish Crackers(14) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Peas (12) Fruit Choices: Orange Wedges (9) Chilled Sliced Pears (18) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Granola(20)/Yogurt(31)Fruit (7) Parfait 2. Cereal Kit (23) 3. Bagel/Cream Cheese (35) Choice of Fruit & Milk Lunch A. Dominos Pepperoni Pizza (32) B. Chicken Nuggets(13)Goldfish Crackers(14) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Mich Green Beans (4) Fruit Choices: Michigan Apple (18) Fruit cocktail (16) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast No Classes!! Enjoy your weekend!  Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Hash Browns (15) Fruit Choices: Fresh Pears (25) Pineapple (20) Choice of Milk: 1% White (13) or 1% Chocolate (19)

4	5	6	7	8
Breakfast Labor Day!! No Classes Enjoy!!  Cold Vegetable Choices: Romaine with Spinach (2), Tomatoes (4), Broccoli (6), Peppers (20), Carrots(12) Hot Vegetables: Green Beans (4) Fruit Choices: Michigan Apple Slices (7) Chilled Sliced Peaches (18) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Eggo French Tst (37) 2. Cereal/String Cheese (22) 3. Bagel/Cream Cheese (35) Choice of Fruit & Milk Lunch A. Mini Pancakes and Sausage (37) B. Bosco Sticks (34) Cold Vegetable Choices: Romaine with Spinach (2), Tomatoes (4), Broccoli (6), Peppers (20), Carrots(12) Hot Vegetables: Emoji Fries (20) Fruit Choices: Cinnamon Applesauce (20) Michigan Blueberries (10) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Breakfast Sandwich (37) 2. Cereal Kit (23) 3. Poptart/String Cheese (37) Choice of Fruit & Milk Lunch A. Nachos (chips 28) Meat (5) Cheese(2) B. Bosco Sticks (34) Cold Vegetable Choices: Romaine with Spinach (2), Tomatoes (4), Broccoli (6), Peppers (20), Carrots(12) Hot Vegetables: Refried Beans (24) Fruit Choices: Fresh Apple Slices (7) Mandarin Orange (20) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Granola(20)/Yogurt(31)Fruit (7) Parfait 2. Cereal Kit (23) 3. Bagel/Cream Cheese (35) Choice of Fruit & Milk Lunch A. Dominos Pepperoni Pizza (32) B. Bosco Sticks (34) Cold Vegetable Choices: Romaine with Spinach (2), Tomatoes (4), Broccoli (6), Peppers (20), Carrots(12) Hot Vegetables: Mixed Veggies (10) Fruit Choices: Orange smiles (9) Strawberry Cup (22) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. WG Cinnamon Roll (48) 2. Cereal/Cheese Stick (23) 3. Donut (41) Choice of Fruit & Milk Lunch A. Popcorn Chicken (17) Dinner Roll (12) B. Bosco Sticks (34) Cold Vegetable Choices: Romaine with Spinach (2), Tomatoes (4), Broccoli (6), Peppers (20), Carrots(12) Hot Vegetables: Michigan Zucchini (3) Fruit Choices: Sidekick (22) Chilled Sliced Pineapple (20) Choice of Milk: 1% White (13) or 1% Chocolate (19)

11	12	13	14	15
Breakfast 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit and Milk Lunch A. Cheese Quesadilla (39) B. Mini Cheeseburger(33) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Refried Beans (24) Fruit Choices: Michigan Apple Slices (7) Chilled Sliced Peaches (18) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Eggo French Tst (37) 2. Cereal/String Cheese (22) 3. Bagel/Cream Cheese (35) Choice of Fruit and Milk Lunch A. Cinnamon Glazed French Tst Sticks (29), Syrup (31), yogurt(14) B. Mini Cheeseburger(33) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Hash Browns (15) Fruit Choices: Orange (9) Michigan Apple (10) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Breakfast Sandwich (37) 2. Cereal Kit (23) 3. Poptart/String Cheese (37) Choice of Fruit and Milk Lunch A. Popcorn Chicken (17) Dinner Roll (12) B. Mini Cheeseburger(33) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Michigan Sweet Corn (16) Fruit Choices: Michigan Blueberries (10) Mandarin Orange (20) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. Granola(20)/Yogurt(31)Fruit (7) Parfait 2. Cereal Kit (23) 3. Bagel/Cream Cheese (35) Choice of Fruit and Milk Lunch B. Dominos Cheese Pizza (37) B. Mini Cheeseburger(33) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Green Beans (4) Fruit Choices: Banana (27) Strawberry Cup (22) Choice of Milk: 1% White (13) or 1% Chocolate (19)	Breakfast 1. WG Cinnamon Roll (48) 2. Cereal/Cheese Stick (23) 3. Donut (41) Choice of Fruit and Milk Lunch A. Pasta with meatsauce (24) Garlic Bread (14) B. Mini Cheeseburger(33) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Peas (10) Fruit Choices: Cinnamon Applesauce (20) Chilled Sliced Pineapple (20) Choice of Milk: 1% White (13) or 1% Chocolate (19)

<p>Breakfast</p> <p>1. Mini Pancakes (36)</p> <p>2. Cereal/String Cheese (22)</p> <p>3. Breakfast Bar (47)</p> <p>Choice of Fruit and Milk</p> <p>Lunch</p> <p>A. Chicken Patty on a Bun</p> <p>B. Turkey bacon Grilled Wrap</p> <p>Turkey, Turkey Bacon, cheese with ranch) (38)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)</p> <p>Hot Vegetables:</p> <p>Green Beans (4)</p> <p>Fruit Choices:</p> <p>Orange (9)</p> <p>Mich Frozen Strawberries (7)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. Eggo French Tst (37)</p> <p>2. Cereal/String Cheese (22)</p> <p>3. Bagel/Cream Cheese (35)</p> <p>Choice of Fruit and Milk</p> <p>Lunch</p> <p>A. French Toast 2 slices (52), Syrup (29)</p> <p>B. Turkey bacon Grilled Wrap</p> <p>Turkey, Turkey Bacon, cheese with ranch) (38)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)</p> <p>Hot Vegetables:</p> <p>Hash Browns (15)</p> <p>Fruit Choices:</p> <p>Fresh Pears (25)</p> <p>Pineapple (20)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. Breakfast Bagel (23) (274458)</p> <p>2. Cereal Kit (23)</p> <p>3. Poptart/String Cheese (37)</p> <p>Choice of Fruit and Milk</p> <p>Lunch</p> <p>A. Mini Calzones (35)</p> <p>B. Turkey bacon Grilled Wrap</p> <p>Turkey, Turkey Bacon, cheese with ranch) (38)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)</p> <p>Hot Vegetables:</p> <p>California Blend (3)</p> <p>Fruit Choices:</p> <p>Michigan Apple Slices (7)</p> <p>Canned Pears (25)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. Granola(20)/Yogurt(31)Fruit (7) Parfait</p> <p>2. Cereal Kit (23)</p> <p>3. Bagel/Cream Cheese (35)</p> <p>Choice of Fruit and Milk</p> <p>Lunch</p> <p>A. Dominos Pepperoni Pizza (32)</p> <p>B. Turkey bacon Grilled Wrap</p> <p>Turkey, Turkey Bacon, cheese with ranch) (38)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)</p> <p>Hot Vegetables:</p> <p>Roasted Broccoli</p> <p>Fruit Choices:</p> <p>Grapes (14)</p> <p>Fruit Cocktail (16)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. WG Cinnamon Roll (48)</p> <p>2. Cereal/Cheese Stick (23)</p> <p>3. Donut (41)</p> <p>Choice of Fruit and Milk</p> <p>Lunch</p> <p>A. Mini Cheese Burger (36)</p> <p>B. Turkey bacon Grilled Wrap</p> <p>Turkey, Turkey Bacon, cheese with ranch) (38)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)</p> <p>Hot Vegetables:</p> <p>Baked Beans (24)</p> <p>Fruit Choices:</p> <p>Fresh Apple Slices (7)</p> <p>Michigan Frozen Peaches(18)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>
<p>Breakfast</p> <p>1. Mini Pancakes (36)</p> <p>2. Cereal/String Cheese (22)</p> <p>3. Breakfast Bar (47)</p> <p>Choice of Fruit & Milk</p> <p>Lunch</p> <p>A. Nacho(chips 28) Meat (5) Cheese (2)</p> <p>B. Popcorn Chicken (17) Corn bread (30)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2)</p> <p>Hot Vegetables:</p> <p>Refried Beans (24)</p> <p>Fruit Choices:</p> <p>Fresh Pears (25)</p> <p>Pineapple (20)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. Eggo French Tst (37)</p> <p>2. Cereal/String Cheese (22)</p> <p>3. Bagel/Cream Cheese (35)</p> <p>Choice of Fruit & Milk</p> <p>Lunch</p> <p>A. Maple Pancakes (36), Syrup (30), Sausage patties-2 (2)</p> <p>B. Popcorn Chicken (17) Corn bread (30)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2)</p> <p>Hot Vegetables:</p> <p>Hash Browns (15)</p> <p>Fruit Choices:</p> <p>Cinnamon Applesauce (20)</p> <p>Michigan Blueberries (10)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. Breakfast Sandwich (37)</p> <p>2. Cereal Kit (23)</p> <p>3. Poptart/String Cheese (37)</p> <p>Choice of Fruit & Milk</p> <p>Lunch</p> <p>A. Hot Dog on a Bun (22)</p> <p>B. Popcorn Chicken (17) Corn bread (30)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2)</p> <p>Hot Vegetables:</p> <p>Peas (12)</p> <p>Fruit Choices:</p> <p>Orange Wedges (9)</p> <p>Chilled Sliced Pears (18)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. Granola(20)/Yogurt(31)Fruit (7) Parfait</p> <p>2. Cereal Kit (23)</p> <p>3. Bagel/Cream Cheese (35)</p> <p>Choice of Fruit & Milk</p> <p>Lunch</p> <p>A. Dominos Pepperoni Pizza (32)</p> <p>B. Popcorn Chicken (17) Corn bread (30)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2)</p> <p>Hot Vegetables:</p> <p>Mich Green Beans (4)</p> <p>Fruit Choices:</p> <p>Michigan Apple (18)</p> <p>Fruit cocktail (16)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>	<p>Breakfast</p> <p>1. Apple Pastry (36)</p> <p>2. Cereal/Cheese Stick (23)</p> <p>3. Donut (41)</p> <p>Choice of Fruit & Milk</p> <p>Lunch</p> <p>A. Mac & Cheese (35) Soft pretzel (14)</p> <p>B. Popcorn Chicken (17) Corn bread (30)</p> <p>Cold Vegetable Choices:</p> <p>Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2)</p> <p>Hot Vegetables:</p> <p>Brussel Sprouts (8)</p> <p>Fruit Choices:</p> <p>Strawberry Cup (22)</p> <p>Michigan Apple Slices (7)</p> <p>Choice of Milk:</p> <p>1% White (13) or 1% Chocolate (19)</p>