

# Torrey Hill Popcorn Fridays



Beginning **Tuesday, September 5th** you can purchase a popcorn ticket for your child for the entire year. Tickets are \$15 per student. The ticket is good for popcorn every Friday starting September 15th through May 31st.

If you would like to purchase a popcorn ticket, please turn in the bottom portion of this flyer along with your \$15 (cash or check) to your child's teacher. Checks must be made out to Lake Fenton Community Schools. *\*If you opt not to participate in the popcorn ticket fundraiser, your child can purchase popcorn for .50 cents on popcorn Fridays.*

***100% of the money raised will be used to improve our students' educational programs, activities, and/or classroom needs.***

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Popcorn for the 2023-2024 school year.

Student Name: \_\_\_\_\_ Teacher \_\_\_\_\_

\*\*\*\*Make checks payable to LFCS

**Want to show your school spirit?  
You would look great in this T-shirt!**

# **LAKE FENTON**

## **HOMECOMING**

### **2023**



## **LAKE FENTON VS. CORUNNA**

**Homecoming Game:** September 22nd

\*Shirt orders have to be in by [September 15th](#) to have your shirt for the game\*

**Talk to Mr. Vanduser to pay with cash or check**

**Shirt Price: \$25**



**Buy your shirt here!**

ALL NET PROCEEDS GO TO SUPPORT OUR LOCAL SCHOOLS

LIVE  
MUSIC



WENTWORTH  
REAL ESTATE GROUP

# FALL FIT FEST

INFLATABLE RUN | WORKOUT COMPETITION | CONCERT SERIES

6PM - 10PM

SATURDAY  
SEPTEMBER 23

WENTWORTH  
REAL ESTATE

2325 W SHIAWASSEE  
FENTON, 48430

2022  
AMERICAN IDOL  
WINNER

NOAH  
THOMPSON

With Special Guests

GENAVIEVE LINKOWSKI

and

GUERIN LEWIS

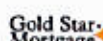
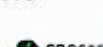


TICKETS AVAILABLE NOW!



FALLFITFEST.COM

PROUDLY SPONSORED BY





Presents:



## 5TH QUARTER EVENT

Please join us after the Lake Fenton Home football game at Fenton Farms Golf Course on Torrey Rd.  
Doors Open at 8:00 pm

**FRIDAY, OCTOBER 13, 2023**

**ALL LFCS STAFF,  
ALUMNI, AND  
FRIENDS**  
Come share  
memories, the LF win  
and network at an  
adults only event.

- \$5 donation at the door
- 50/50 Raffle
- Giveaways

Fall

LAKE FENTON HIGH SCHOOL

# CRAFT SHOW

and *Merry Marketplace*

**The First Sunday in November**

10:00 a.m. – 4:00 p.m.

**Now Accepting Crafter Applications!**

Large Annual Craft Show featuring many returning as well as new exhibitors, with a wide variety of juried for duplicate media and limited marketplace vendors



Large booth sizes – small booth fees!

Lake Fenton High School  
4070 Lahring Road – Linden, MI

For INFO call: 810-591-9493

Or email: [LFCraftshow@lakefentonschools.org](mailto:LFCraftshow@lakefentonschools.org)

Located at the corner of Lahring & Jennings Rds. In Linden MI  
Jennings Rd. is just west of the Thompson Rd. exit from US-23



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

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

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

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