



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**





# DEVILS WRESTLING CLUB



## Wrestlers:

All Boys and Girls ages 4 through 14 as of December 31<sup>st</sup> 2023. *NO EXPERIENCE NECESSARY to become a LAKE FENTON WRESTLER.*

## Registration:

Will be held next **Thursday October 19<sup>th</sup> from 6:30 pm to 8:00 pm** in the commons area at Lake Fenton High School. If you cannot attend registration, please either email Dave Polidan @ [davepolidan@yahoo.com](mailto:davepolidan@yahoo.com) or call 810-919-1526 to make other arrangements to sign up.

## The Youth Wrestling Club:

Will be lead by Coaches Zach Corcoran, Hunter Corcoran and Dave Polidan. Our wrestlers are trained in a structured environment that emphasizes technique, fitness, discipline, & sportsmanship. We compete in the Mid-Michigan Wrestling Association (MMWA). Tournaments are held on most weekends from December thru March. Tournament participation is encouraged, but is not mandatory. There are (2) types of tournaments: Open and Novice. Open tournaments are generally for more experienced wrestlers & are open to all wrestlers in our club. Novice tournaments are only open to beginning wrestlers who fall under the definition of a "Novice wrestler". All **Tournaments will have an individual wrestler fee of \$15/\$20 for each tournament your wrestler decides to attend. The tournament fee will be paid every Thursday prior to the weekend tournament.**

## Coaches for 2023-2024 Season:

Lake Fenton High School Graduates and All State Wrestlers Zach Corcoran and Hunter Corcoran will be the head coaches for the youth program with Dave Polidan assisting. Both Zach and Hunter Corcoran have several years under their belt coaching with both the youth wrestling program and the Lake Fenton Varsity Wrestling Team. All the coaches have wrestled at the collegiate level and will bring tons of experience to the wrestling room.

## Practice & Tournament schedule is as Follows:

**Novice Practice**-Tuesday's and Thursday's from 6:00-7:00pm starting mid-November.

**Open Practice**- Tuesday's and Thursday's from 7:00-8:30pm starting mid-November.

**Tournaments**- Saturday and Sundays from the beginning of January through March. Choice for any wrestler to compete on either or both days.

## Registration Fee:

The cost for the club will be \$140.00 per wrestler. Included will be one Lake Fenton Blue Devils Wrestling Singlet and one USA wrestling card to participate in MMWA sanctioned tournaments. Middle School wrestlers will be charged a fee of \$100.00 if they participate in the middle school wrestling program.

## Contact Information:

Dave Polidan @ 810-919-1526 or [davepolidan@yahoo.com](mailto:davepolidan@yahoo.com) for information, payment options will be cash or by check to: Lake Fenton Community Schools. *Information for ordering wrestling apparel will be distributed at sign-ups. Please spread the word as we are continuing to build this program and will be providing amazing opportunities for our students and other students in the area to learn about respect, sportsmanship, and the great sport of wrestling. We are always looking for parents to get involved with the program so if you are interested in helping, please let us know.*



# LAKE FENTON ATHLETIC BOOSTERS

IN PARTNERSHIP WITH OUR  
SPONSOR



## DINE

DOORS OPEN AT 5:30PM

DINNER SERVED AT 6:30PM

TICKETS \$100 EA

ADMITS 2 ADULTS AND INCLUDES  
DINNER

BRING YOU

# CASH BASH 2023

FENTON TOWNSHIP HALL 12060 MANATAWAUKA DR. FENTON, MI 48430

NOVEMBER 4, 2023

PURCHASE YOURS HERE

TICKETS  
PURCHASED  
ONLINE WILL BE  
AVAILABLE FOR  
PICK UP AT THE  
DOOR



DO YOU HAVE FRIENDS YOU WANT TO SIT WITH?  
PURCHASING A TABLE INCLUDES 4 TICKETS  
(ADMITS 8 PEOPLE) THIS IS THE ONLY WAY TO  
RESERVE SEATING. ALL OTHER SEATING IS FIRST  
COME FIRST SERVE

## DANCE

DJ AND DANCING TILL 11  
AFTER THE LIVE AUCTION

RAFFLE GRAND PRIZE IS **\$1,500** CASH  
ENTRTY IS LIMITED  
ONLY 150 TICKETS WILL BE PRINTED

NEED NOT BE PRESENT TO WIN!!  
*CANT BE THERE?* DON'T WORRY, WE  
WILL CONTACT THE WINNER USING THE  
PHONE NO. OR EMAIL PROVIDED WHEN  
PURCHASED

LIVE AND SILENT AUCTIONS  
ITEMS

# BID



LAKE FENTON PTO

# Trunk or Treat

Friday, October 27th

LAKE FENTON HIGH SCHOOL PARKING LOT  
FOR WEST SHORE, TORREY HILL, AND  
LAKE FENTON EARLY LEARNING FAMILIES  
[event is weather dependent]



CLASSROOM TRUNKS OPEN FROM 5-7PM  
FOOD TRUCKS WILL BE ON-SITE WITH ITEMS FOR PURCHASE 430-8PM

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FOR MORE DETAILS  
AND TO SIGN UP PLEASE VISIT  
<https://bit.ly/lfpototrunkortreat>





Fall

LAKE FENTON HIGH SCHOOL

# CRAFT SHOW

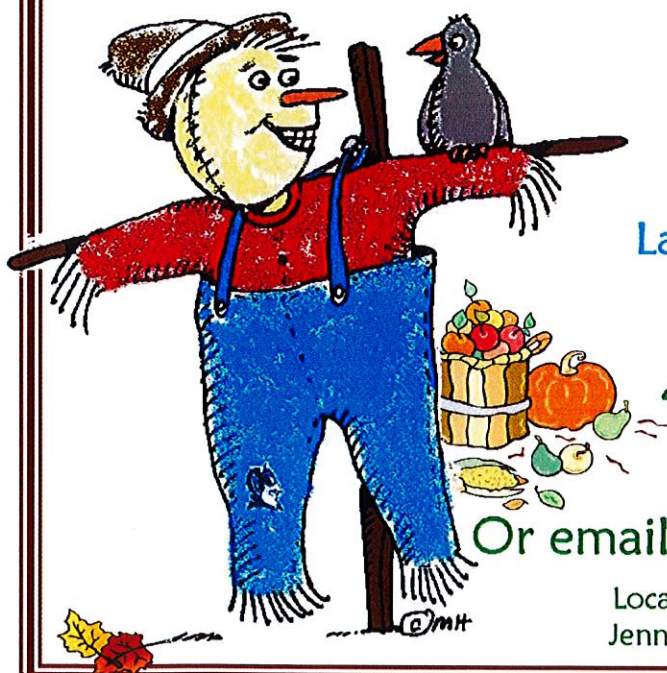
and *Merry Marketplace*

**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





Camp Invention®



# GIVE THE ULTIMATE GIFT OF **FUN & LEARNING!**

Gift the curious kid in your life a memorable STEM adventure! This summer, campers will team up with friends to discover the science of light, create a custom ball game, explore global water challenges and prototype their big ideas.



A NONPROFIT PROGRAM OF THE NATIONAL INVENTORS HALL OF FAME®

*All images feature actual campers experiencing our new 2024 program.*



# GIVE THE GIFT OF **CAMP** AND **WIN!**

This holiday, give an unforgettable experience, the ALL-NEW 2024 Camp Invention®. Sign up between now and 12/31 using code **GIFT35** to save **\$35** and be entered for a chance to be one of 10 lucky **winners** to get their 2024 **registration for free**.



Use **GIFT35** to register today at [invent.org/gift](https://invent.org/gift) and **SAVE \$35**



Purchase a 2024 camp registration before Dec. 31, 2023, and receive an entry for a chance to win one full camp registration refund!  
NO PURCHASE NECESSARY TO ENTER OR WIN. See Official Sweepstakes Rules for details.

## SECURE YOUR SPOT TODAY

Register at [INVENT.ORG/CAMP](https://INVENT.ORG/CAMP) or 800-968-4332

**Grades:** K - 6th

**Location:** Lake Fenton High School  
4070 Lahring Road, Linden, MI 48451

**Date:** July 22 - 26, 2024

**Time & Cost:** 9:00 AM to 3:30 PM | \$270 (before discount)

**Camp Director:** Joey Rohen | [jrohen@lakefentonschools.org](mailto:jrohen@lakefentonschools.org)

If these dates/times don't work for you, please visit [invent.org/camp](https://invent.org/camp) for other locations near you.



Scan to secure  
your spot today!

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Hall of Fame®



**Investors in Creativity and Invention**  
Army Educational Outreach Program  
Burton D. Morgan Foundation  
General Motors  
Grainger

Nordson Corporation Foundation  
Overdeck Family Foundation  
United Way of Summit & Medina  
U.S. Department of Defense (DoD) STEM  
Walton Family Foundation





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 Oct. 2-Nov. 3, 2023



Students Breakfast \$0.00 Lunch \$0.00 Milk \$.60 Adult Breakfast \$2.00 Lunch \$5.11

Numbers in (0) are approximate carb count for that item

Choice of Milk offered daily: 1% White (13) or Fat Free Chocolate  
To complete the meal, you must choose 1 or more of the vegetables and or fruits offered.

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<b>Breakfast</b> 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit & Milk <b>Lunch</b> A. Honey BBQ Beef Rib (13) on Bun(19) 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> Refried Beans (24) <b>Fruit Choices:</b> Fresh Pears (25) Pineapple (20)	<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> Corn (16) <b>Fruit Choices:</b> Fresh Pears (25) Pineapple (20)	<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>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>Breakfast</b> 1. Apple Pastry (36) 2. Cereal/Cheese Stick (23) 3. Donut (41) Choice of Fruit & Milk <b>Lunch</b> A. Mini Chicken Corn dogs (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> Hash Browns (15) <b>Fruit Choices:</b> Fresh Pears (25) Pineapple (20)
9	10	11	12	13
<b>Breakfast</b> 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit & Milk <b>Lunch</b> A. Popcorn Chicken (17) Corn bread (30) 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> Green Beans (4) <b>Fruit Choices:</b> Michigan Apple Slices (7) Chilled Sliced Peaches (18)	<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>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>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> <b>Half Day no lunches served!</b> <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>Breakfast</b> <b>No Classes!!</b>  <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)
16	17	18	19	20
<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>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>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>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>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)



23	24	25	26	27
<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. Chicken Patty on a Bun  B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch (38)  <b>Cold Vegetable Choices:</b> Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)  <b>Hot Vegetables:</b> Green Beans (4) <b>Fruit Choices:</b> Orange (9) Mich Frozen Strawberries (7)	<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. French Toast 2 slices (52), Syrup (29)  B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch (38)  <b>Cold Vegetable Choices:</b> Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)  <b>Hot Vegetables:</b> Hash Browns (15) <b>Fruit Choices:</b> Fresh Pears (25) Pineapple (20)	<b>Breakfast</b> 1. Breakfast Bagel (23) (274458) 2. Cereal Kit (23) 3. Poptart/String Cheese (37) Choice of Fruit and Milk <b>Lunch</b> A. Mini Calzones (35)  B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch (38)  <b>Cold Vegetable Choices:</b> Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)  <b>Hot Vegetables:</b> California Blend (3) <b>Fruit Choices:</b> Michigan Apple Slices (7) Canned Pears (25)	<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> A. Dominos Pepperoni Pizza (32)  B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch (38)  <b>Cold Vegetable Choices:</b> Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)  <b>Hot Vegetables:</b> Roasted Broccoli <b>Fruit Choices:</b> Grapes (14) Fruit Cocktail (16)	<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. Mini Cheese Burger (36)  B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch (38)  <b>Cold Vegetable Choices:</b> Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28)  <b>Hot Vegetables:</b> Baked Beans (24) <b>Fruit Choices:</b> Fresh Apple Slices (7) Michigan Frozen Peaches(18)

30	31	Nov. 1	2	3
<b>Breakfast</b> 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit & Milk <b>Lunch</b> A. Nacho(chips 28) Meat (5) Cheese (2)  B. Popcorn Chicken (17) Corn bread (30)  <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>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. Popcorn Chicken (17) Corn bread (30)  <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> Cinnamon Applesauce (20) Michigan Blueberries (10)	<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. Popcorn Chicken (17) Corn bread (30)  <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>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. Popcorn Chicken (17) Corn bread (30)  <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>Breakfast</b> 1. Apple Pastry (36) 2. Cereal/Cheese Stick (23) 3. Donut (41) Choice of Fruit & Milk <b>Lunch</b> A. Mac & Cheese (35) Soft pretzel (14)  B. Popcorn Chicken (17) Corn bread (30)  <b>Cold Vegetable Choices:</b> Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) <b>Hot Vegetables:</b> Brussel Sprouts (8) <b>Fruit Choices:</b> Strawberry Cup (22) Michigan Apple Slices (7)