

DEVILS WRESTLING CLUB

Wrestlers:

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

Registration:

Will be held next **Thursday October 19th 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 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 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 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

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



AN EVENT SO GOOD...IT'S SCARY

Tuesday, October 31st • 1-6 pm

(Some businesses may close at their regular time)

*Enjoy SAFE & FUN
trick-or-treating at
these local businesses!*



Fenton & Linden
Regional Chamber of Commerce

2023 EVENT SPONSORS



DOWNTOWN FENTON

Acorn Wealth Advisors
Brad Hoffman Insurance Agency
Cafe of Life Chiropractic at Peabody
Center for Well-Being
City of Fenton
Coldwell Banker Professionals
Crust - a baking company
Fenton Fire Department
Fenton's Open Book
Fenton United Methodist Church
Iris Eyecare
Keller Williams First - Fenton
Millpond Manor
Presence to Pupils LLC
Sawyer Jewelers
Seasons On Leroy
Temrowski Family Funeral Home
The Horizon Group of Raymond James
The State Bank

FENTON COMMUNITY & CULTURAL CENTER

Charter Senior Living of Linden
Fenton Eagles - Ladies Auxiliary
Legacy Realty Professionals
Lewis & Knopf CPA's, PC
PB & J Travel
Southern Lakes Park & Recreation
The Brokerage Real Estate Enthusiasts

SOUTH ADELAIDE STREET

Fenton & Linden Regional Chamber of Commerce

NORTH LEROY STREET/NORTH FENTON ROAD

Beale St. Smokehouse BBQ
Douglas Water Conditioning
Fast Eddie's Car Care
Halo Burger
HOTWORX, Fenton
Hungry Howie's
Jet's Pizza
T & B Custom Gifts
RevIve & Restore IV Hydration

INDUSTRIAL PARK

Provision Living at Fenton
Vic Bond Sales

OWEN ROAD

2941 Mediterranean Street Food
Athletico Physical Therapy
Lasco Ford
Randy Wise Automotive Team
Vic Canever Chevrolet
Vicinia Gardens of Fenton,
The Independent

SILVER LAKE ROAD

Gerych's Flowers & Gifts
Kaydan Wealth Management
Re/Max Platinum
The Brand Real Estate
Vibe Well

SILVER PARKWAY

A Joyful Noise Music Studio
Beauchamp Water Treatment & Solutions
Cislo Insurance Partners @ Cislo Title
Financial Plus Credit Union
Genisys Credit Union
LaFontaine Chrysler, Jeep,
Dodge Ram of Fenton
Texas Roadhouse
The Paint Centers - Fenton
The UPS Store
The Vitamin Shoppe

TORREY ROAD

Peabody Insurance Agency
DOWNTOWN LINDEN
Beloved Books
Blue Line Detailing
Collection on Bridge Street
Dr. Wax Orthodontics
Linden Family Eye Care
Linden Hotel
Positively Pediatrics
Rachor Financial
Serendipity Spa of Linden
Sunset Corals



SCAN ME



For more information,
call **810.629.5447** or visit
FentonLindenChamber.com

Fall

LAKE FENTON HIGH SCHOOL

CRAFT SHOW

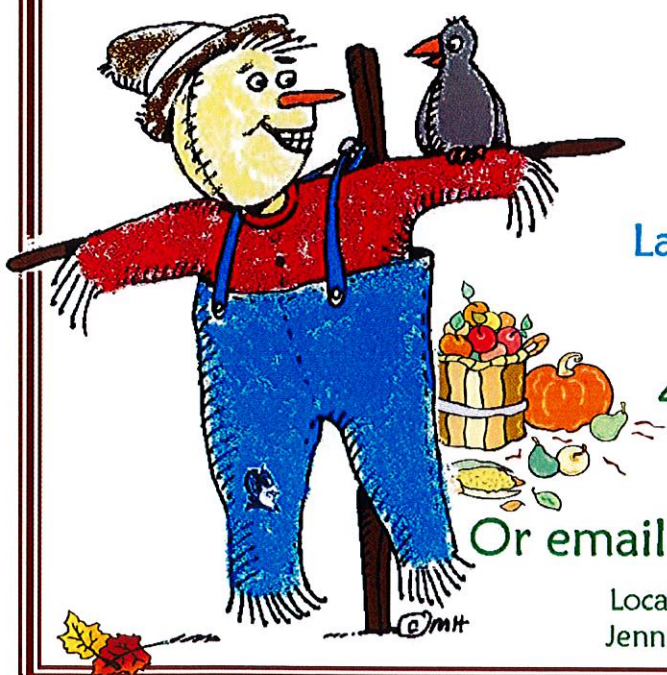
and *Merry Marketplace*

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

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

Blood Drive

Turn a new leaf
Fall into giving 

**Friday
November**

3

8:00 AM -2:00 PM

**Helpful tip:
Make sure to eat a healthy
meal and drink plenty of
water before donating.**



LAKE FENTON HIGH SCHOOL COMMUNITY BLOOD DRIVE

LOCATED ON BLOOD BUS IN PARKING LOT

Donate and help your high school earn a scholarship!

Make your appointment today:

- Call 866-642-5663
- Visit Versiti.org
- Follow QR Code Link



Eligibility question call 1 (866)-642-5663

Walk-ins welcomed and appointments honored

**Donate and DIY! All attempting donors will be
entered for a chance to win 1 of 3 DIY project prizes
valued at \$2500.***

*NO PURCH. NEC. MI, OH, IL, IN, and WI residents
only; 18+. Ends 11/16/23. One drawing; three (3)
winners. Enter by blood donation or online. See
Official Rules and online entry form at
versiti.org/DIY. Sponsor: Versiti, Inc., 638 N. 18th
St., Milwaukee, WI 53233.



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

February

10th

Admission
\$30 /session
\$55 /both



BASEBALL/SOFTBALL CLINIC

About This Camp

Join us on Feb 10th at the LF High School for our 2nd annual LFLC Clinic. The LF Varsity and JV softball/baseball players along with their coaches will be working with the kids. \$30 per session or \$55 to do both Fielding/Hitting and Pitching/Catching.



Lake Fenton High School
4070 Lahring Rd, Linden, MI 48451



Register here
www.lakefentonlittleleague.org

Throwing/Hitting

Softball

Ages 7, 8, & 9: 10-10:50 AM
Ages 10, 11, & 12: 11-11:50 AM

Pitching/Catching

Softball

Ages 8-12: 12-12:50 PM

Co-Ed

Ages 4, 5, & 6: 1-1:50 PM

Throwing/Hitting

Baseball

Ages 7, 8, & 9: 2-2:50 PM
Ages 10, 11, & 12: 3-3:50 PM

Pitching/Catching

Baseball

Ages 8-13: 4-4:50 PM

More Information president@lakefentonlittleleague.org

Follow us @lakefentonlittleleague



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
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 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

If these dates/times don't work for you, please visit invent.org/camp for other locations near you.



Scan to secure
your spot today!

©2023 National Inventors Hall of Fame®, Inc.



National Inventors
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***

SAVE

**MOTHER
SON DANCE**

**13 APRIL
2024**

THE

DATE

**LAKE FENTON
HIGH SCHOOL**

FENTON, MICHIGAN

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
Breakfast 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit & Milk Lunch A. Honey BBQ Beef Rib (13) on Bun(19) 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: Refried Beans (24) Fruit Choices: Fresh Pears (25) Pineapple (20)	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: Corn (16) Fruit Choices: Fresh Pears (25) Pineapple (20)	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)	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)	Breakfast 1. Apple Pastry (36) 2. Cereal/Cheese Stick (23) 3. Donut (41) Choice of Fruit & Milk Lunch A. Mini Chicken Corn dogs (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: Hash Browns (15) Fruit Choices: Fresh Pears (25) Pineapple (20)
9	10	11	12	13
Breakfast 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit & Milk Lunch A. Popcorn Chicken (17) Corn bread (30) B. Bosco Sticks (34) 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)	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)	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)	Breakfast 1. Granola(20)/Yogurt(31)Fruit (7) Parfait 2. Cereal Kit (23) 3. Bagel/Cream Cheese (35) Choice of Fruit & Milk Lunch Half Day no lunches served! 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)	Breakfast No Classes!!  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)
16	17	18	19	20
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)	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)	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)	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)	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)

23	24	25	26	27
Breakfast 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit and Milk Lunch A. Chicken Patty on a Bun B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch) (38) Cold Vegetable Choices: Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28) Hot Vegetables: Green Beans (4) Fruit Choices: Orange (9) Mich Frozen Strawberries (7)	Breakfast 1. Eggo French Tst (37) 2. Cereal/String Cheese (22) 3. Bagel/Cream Cheese (35) Choice of Fruit and Milk Lunch A. French Toast 2 slices (52), Syrup (29) B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch) (38) Cold Vegetable Choices: Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28) Hot Vegetables: Hash Browns (15) Fruit Choices: Fresh Pears (25) Pineapple (20)	Breakfast 1. Breakfast Bagel (23) (274458) 2. Cereal Kit (23) 3. Poptart/String Cheese (37) Choice of Fruit and Milk Lunch A. Mini Calzones (35) B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch) (38) Cold Vegetable Choices: Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28) Hot Vegetables: California Blend (3) Fruit Choices: Michigan Apple Slices (7) Canned Pears (25)	Breakfast 1. Granola(20)/Yogurt(31)Fruit (7) Parfait 2. Cereal Kit (23) 3. Bagel/Cream Cheese (35) Choice of Fruit and Milk Lunch A. Dominos Pepperoni Pizza (32) B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch) (38) Cold Vegetable Choices: Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28) Hot Vegetables: Roasted Broccoli Fruit Choices: Grapes (14) Fruit Cocktail (16)	Breakfast 1. WG Cinnamon Roll (48) 2. Cereal/Cheese Stick (23) 3. Donut (41) Choice of Fruit and Milk Lunch A. Mini Cheese Burger (36) B. Turkey bacon Grilled Wrap Turkey, Turkey Bacon, cheese with ranch) (38) Cold Vegetable Choices: Romaine Lettuce (2), Tomatoes (3.5), Baby Carrots(4), Edamame (6), Cauliflower(2), Corn (28) Hot Vegetables: Baked Beans (24) Fruit Choices: Fresh Apple Slices (7) Michigan Frozen Peaches(18)

30	31	Nov. 1	2	3
Breakfast 1. Mini Pancakes (36) 2. Cereal/String Cheese (22) 3. Breakfast Bar (47) Choice of Fruit & Milk Lunch A. Nacho(chips 28) Meat (5) Cheese (2) B. Popcorn Chicken (17) Corn bread (30) 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)	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. Popcorn Chicken (17) Corn bread (30) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Hash Browns (15) Fruit Choices: Cinnamon Applesauce (20) Michigan Blueberries (10)	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. Popcorn Chicken (17) Corn bread (30) 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)	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. Popcorn Chicken (17) Corn bread (30) 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)	Breakfast 1. Apple Pastry (36) 2. Cereal/Cheese Stick (23) 3. Donut (41) Choice of Fruit & Milk Lunch A. Mac & Cheese (35) Soft pretzel (14) B. Popcorn Chicken (17) Corn bread (30) Cold Vegetable Choices: Romaine Lettuce (2), Cherry Tomatoes (3.5), Carrots (12), Cucumbers(1), Celery(2) Hot Vegetables: Brussel Sprouts (8) Fruit Choices: Strawberry Cup (22) Michigan Apple Slices (7)