

# Michigan Educational Choice Center Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Bag Breakfast</b> WG Frosted Strawberry Poptart Pear Cup 100% Juice 1% White Milk or 1% Chocolate Milk 1	<b>Bag Breakfast</b> WG Banana Muffin Mini Vanilla Wafers Raisins 100% Juice 1% White Milk or 1% Chocolate Milk 2
<b>Bag Breakfast</b> Frosted Flakes Vanilla Wafers Craisins 100% Juice 1% White Milk or 1% Chocolate Milk 5	<b>Bag Breakfast</b> ZZ Strawberry Crisp Bar Pear Cup 100% Juice 1% White Milk or 1% Chocolate Milk 6	<b>Bag Breakfast</b> Cinnamon Goldfish Cracker Fresh Apple Dannon Nonfat Creamy Yogurt 1% White Milk or 1% Chocolate Milk 7	<b>Bag Breakfast</b> Trix Cereal Bar Animal Grahams Mandarin Orange Cup 100% Juice 1% White Milk or 1% Chocolate Milk 8	<b>Bag Breakfast</b> Apple Roll Craisins 100% Juice 1% White Milk or 1% Chocolate Milk 9
<b>Bag Breakfast</b> Cocoa Puffs Cereal Bar Animal Grahams Mixed Fruit Cup 100% Juice 1% White Milk or 1% Chocolate Milk 12	<b>Bag Breakfast</b> Cinnamon Toast Crunch Cereal Vanilla Wafers Craisins 100% Juice 1% White Milk or 1% Chocolate Milk 13	<b>Bag Breakfast</b> WG Bagel with Cream Cheese Fresh Apple 1% White Milk or 1% Chocolate Milk 14 <i>Valentine's Day</i>	<b>Bag Breakfast</b> Smore Nutrition Bar Craisins 100% Juice 1% White Milk or 1% Chocolate Milk 15	
	<b>Bag Breakfast</b> Breakfast ZZ Berry Apple Crisp Bar Pear Cup 100% Juice 1% White Milk or 1% Chocolate Milk 20	<b>Bag Breakfast</b> Cinnamon Goldfish Cracker Fresh Apple Dannon Nonfat Creamy Yogurt 1% White Milk or 1% Chocolate Milk 21	<b>Bag Breakfast</b> Cinnamon Crisp Bar Mandarin Orange Cup 100% Juice 1% White Milk or 1% Chocolate Milk 22	<b>Bag Breakfast</b> WG Cinnamon Bun Mixed Fruit Cup 100% Juice 1% White Milk or 1% Chocolate Milk 23
<b>Bag Breakfast</b> Golden Grahams Cereal Animal Grahams Craisins 100% Juice 1% White Milk or 1% Chocolate Milk 26	<b>Bag Breakfast</b> WG Frosted Cinnamon Poptart Craisins 100% Juice 1% White Milk or 1% Chocolate Milk 27	<b>Bag Breakfast</b> WG Bagel with Cream Cheese Fresh Apple 1% White Milk or 1% Chocolate Milk 28	<b>Bag Breakfast</b> WG Banana Muffin Mini Vanilla Wafers Raisins 100% Juice 1% White Milk or 1% Chocolate Milk 29	

## Happy Valentine's Day

In accordance with federal civil rights law and the USDA this institution is prohibited from discriminating on the basis of race, color, national origin, sex, gender identity, sexual orientation, disability, age or for prior civil rights activity

*Thought for Thought*

*Tips & Information*

Since its inception, Black History Month has expanded beyond its initial acceptance in educational establishments. Carter Woodson's organization, now known as the Association for the Study of African American Life and History (ASALH), designates a theme each year. This year, February will be a celebration of Black History Month with the theme "African Americans and the Arts." The ASALH shares, "African American art is infused with African, Caribbean, and the Black American lived experiences.

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\*or,\* = An alternative selection to choose. \*WG\*=Whole Grain  
 1% White & 1%Chocolate Milk available daily.



**\*\*Menu Subject to Change\*\***

# Michigan Educational Choice Center Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

			<b>All-American Hamburger w/ WW Bun</b> Baked Green Beans Fresh Banana 1% White or 1% Chocolate Milk 1	<b>Beef Sloppy Joes on WG Bun</b> Tossed Salad with Ranch Diced Pears 1% White or 1% Chocolate Milk 2
<b>WG Pizza Slice</b> Romaine w/ Dressing Applesauce Cup 1% White or 1% Chocolate Milk 5	<b>100% Beef Chili Dog w/cheese</b> Savory Carrots Coins Fresh Apple 1% White or 1% Chocolate Milk 6	<b>Chicken Fajita with Tortilla</b> Marvelous Mixed Veggies 100% Juice Orange 1% White or 1% Chocolate Milk 7	<b>Swedish Meatballs with Dinner Roll</b> Mashed Potato Fresh Banana 1% White or 1% Chocolate Milk 8	<b>Bf Soft Taco on WW Tortilla w/ WG Rice</b> Mexican Pinto Beans Fresh Orange 1% White or 1% Chocolate Milk 9
<b>WG Pizza Slice</b> Baby Carrots w/Ranch Pineapple Tidbits 1% White or 1% Chocolate Milk 12	<b>Turkey Dog with WW Bun</b> Baked Beans Fruit mix 1% White or 1% Chocolate Milk 13	<b>Walking Taco w/ WG Corn Chips</b> Seasoned Corn Frozen Cherry Fruit Cup 1% White or 1% Chocolate Milk 14 <i>Valentine's Day</i>	<b>Beef Pepperoni Calzone</b> Baked Green Beans Fresh Banana 1% White or 1% Chocolate Milk 15	<b>Chicken Nuggets w/Macaroni &amp; Cheese</b> Baby Carrots w/Ranch Fresh Orange 1% White or 1% Chocolate Milk 16
<b>WG Pizza Slice</b> Romaine w/ Dressing, Fruit mix 1% White or 1% Chocolate Milk 19	<b>WG Pizza Slice</b> Baby Carrots w/Ranch Pineapple Tidbits 1% White or 1% Chocolate Milk 20	<b>Teriyaki Beef Dippers with WG Dinner Roll</b> Baked Green Beans Mandarin Orange 1% White or 1% Chocolate Milk 21	<b>Cheese Omelette w/Biscuit</b> Seasoned Roasted Potatoes Fresh Banana 1% White or 1% Chocolate Milk 22	<b>Chicken Nuggets w/Macaroni &amp; Cheese</b> Baby Carrots w/Ranch Fresh Orange 1% White or 1% Chocolate Milk 23
<b>WG Pizza Slice</b> Romaine w/ Dressing, Fruit mix 1% White or 1% Chocolate Milk 26	<b>BBQ Beef Meatballs w/Bun</b> Steamed Broccoli Fresh Apple 1% White or 1% Chocolate Milk 27	<b>Chicken Tenders w/ Dinner Roll</b> Baked Beans Diced Pears 1% White or 1% Chocolate Milk 28	<b>Grilled Chicken Breast on WW Bun</b> Potato Wedges Fresh Banana 1% White or 1% Chocolate Milk 29	

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Thought for Thought

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