



## Bellaire Middle High School: September 4<sup>th</sup> – 8<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>CREATE</b>				
		<b>Nacho Bar</b> Beef Taco Meat Tortilla Chips Cheddar Cheese Sauce Sour Cream Seasoned Black Beans Mexicali Corn	<b>Mashed Potato Bowl</b> Breaded Chicken Drum Dinner Roll Mashed Potatoes & Gravy Seasoned Green Beans	<b>Breakfast for Lunch</b> Pancakes with Syrup Scrambled Eggs Warm Baked Local Apple Slices	<b>Hot Dog Bar</b> All Beef Hotdog Whole Grain Bun Cheddar Cheese Sauce Chili Topping Bacon Garnish Oven Baked Fries
<b>2<sub>mato</sub></b>	<b>2 MATO</b>				
		Pepperoni & Cheese Calzone	Italian Sausage Flatbread	Veggie Lover's Pizza	Michigan Made Boscos Pizza Dipping Sauce
		Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
<b>grilled</b>	<b>GRILLED</b>				
		Pizza Burger	Cheeseburger	BBQ Cheddar Burger	Cheeseburger
		SPICY Crispy Chicken Sandwich	Popcorn Chicken with Pretzel Rod	SPICY Crispy Chicken Sandwich	Crispy Chicken Sandwich
<b>SO DELI</b>	<b>SO DELI</b>				
	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
<b>ON THE GO</b>	<b>ON THE GO</b>				
	Easy "Grab & Go" meals for your convenience! Weekly Special: Turkey & Swiss on Pretzel Roll Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Roll & Croutons				
<b>extra<sub>extra</sub></b>	<b>Fresh Fruit &amp; Veggie Bar is available with ALL meals!</b>				
		Spinach & Romaine Side Salad	Baby Carrots	Spinach and Romaine Side Salad	Tomato Salsa
		Fresh Celery Sticks	Fresh Cucumber Coins	Power Peas	Shredded Romaine
		Fresh Pepper Strips	Shredded Romaine	Cinnamon Applesauce	Fresh Broccoli
		Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	

Student Lunch Price \$2.70  
 Reduced Lunch Price \$.40  
 Free to those who qualify  
 Milk \$.50



Locally Grown produce is utilized when seasonally available

Food Focus of the Month: Herbs & Spices

Questions or Comments?

Please contact Jessica Meyers, Director or Dining Services  
 231-587-9764 ex214 or [jmeyers@mancelonaschools.org](mailto:jmeyers@mancelonaschools.org)

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## Bellaire Middle High School: September 11<sup>th</sup> – 15<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>CREATE</b>				
	<b>Pasta Bowl</b> Meatballs Or Italian Sausage Whole Grain Pasta Spaghetti Sauce Seasoned Peas	<b>Fajitas!</b> Whole Grain Tortilla Fajita Chicken Peppers & Onions Shredded Cheddar Sour Cream Mexican Black Beans	<b>Loaded Mac!</b> Creamy Macaroni and Cheese Shredded Cheddar Garnish of Bacon Warm Pretzel Rod Broccoli Florets	<b>Mashed Potato Day</b> Salisbury Steak Brown Gravy Mashed Potatoes Seasoned Corn Whole Grain Dinner Rolls	<b>Breakfast For Lunch</b> Biscuit Breakfast Sausage Seasoned Potato Wedges Warm Baked Local Apples Slices
<b>2 MATO</b>	<b>2 MATO</b>				
	Veggie Lover's Pizza	Italian Sausage Pizza	Chicken Quesadilla	Michigan Made Boscos Pizza Dipping Sauce	BBQ Chicken Pizza
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
<b>grilled</b>	<b>GRILLED</b>				
	Cheeseburger Popcorn Chicken with Pretzel Rod	Hamburger Crispy Chicken Sandwich	Bacon Cheeseburger SPICY Crispy Chicken Sandwich	Pizza Burger Crispy Chicken Sandwich	Cheeseburger Popcorn Chicken with Pretzel Rod
<b>SO DELI</b>	<b>SO DELI</b>				
	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i> Weekly Special: Chicken Salad				
<b>ON THE GO</b>	<b>ON THE GO</b>				
	Easy "Grab & Go" meals for your convenience! Weekly Special: Ham & American Cheese Sub Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Roll & Croutons				
<b>extra. extra.</b>	<b>Fresh Fruit &amp; Veggie Bar is available with ALL meals!</b>				
	Baby Carrots	Spinach & Romaine Side Salad	Fresh Baby Spinach	Spinach and Romaine Side Salad	Tomato Salsa
	Fresh Celery Sticks	Cucumber Coins	Fresh Cherry Tomatoes	Power Peas	Power Peas
	Fresh Broccoli	Fresh Pepper Strips	Rosy Applesauce	Broccoli Ranch Salad with Carrots	Fresh Pepper Strips
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	

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## Bellaire Middle High School: September 18<sup>th</sup> – 22<sup>nd</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>CREATE</b>				
<b>create</b>	<b>Homestyle Bowl</b> Breaded Chicken Drum Honey Corn Biscuit Seasoned Potato Wedges Seasoned Green Beans	<b>Taco Tuesday!</b> Seasoned Beef Taco Cheddar Cheese Sour Cream Local Diced Tomatoes Warm Spiced Peaches	<b>Mashed Potato Bowl</b> Beef Meatballs Mashed Potatoes Brown Gravy Whole Grain Garlic Twist Breadsticks Local Roasted Carrots	<b>Fiesta Bowl!</b> Fajita Chicken Cilantro Lime Rice Shredded Cheese Pico De Gallo Seasoned Black Beans Sour Cream	<b>Asian Bowl</b> Sweet & Sour Popcorn Chicken Brown Rice Cinnamon Roasted Pineapple Tidbits Sweet & Sour Sauce Broccoli Florets
	<b>2 MATO</b>				
<b>2<sub>mat</sub>o</b>	Beef Fiestada Pizza	Italian Sausage Flatbread	Michigan Made Boscos Pizza Dipping Sauce	Pepperoni & Cheese Calzone	Michigan Made Boscos Pizza Dipping Sauce
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
	<b>GRILLED</b>				
<b>grilled</b>	Cheeseburger	Bacon Cheeseburger	Cheeseburger	Pizza Burger	Cheeseburger
	Crispy Chicken Sandwich	SPICY Crispy Chicken Sandwich	Popcorn Chicken with Pretzel Rod	SPICY Crispy Chicken Sandwich	Crispy Chicken Sandwich
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Weekly Special: Hummus				
	<b>ON THE GO</b>				
<b>ON THE GO</b>	Easy "Grab & Go" meals for your convenience! Weekly Special: Tuna Salad Sandwich				
	Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Roll & Croutons				
	<b>Fresh Fruit &amp; Veggie Bar is available with ALL meals!</b>				
<b>extra<sub>extra</sub></b>	Spinach & Romaine Side Salad	Shredded Romaine	Tossed Side Salad	Spinach and Romaine Side Salad	Shredded Romaine
	Fresh Celery Sticks	Cucumber Coins	Fresh Cucumber Coins	Power Peas	Baby Carrots
	Fresh Broccoli	Fresh Pepper Strips	Baby Carrots	Peaches with Local Blueberries	Fresh Celery Sticks
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

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 Milk \$.50



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**Food Focus of the Month: Herbs & Spices**

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## Bellaire Middle High School: September 25<sup>th</sup> – 29<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>CREATE</b>				
<b>create</b>	<b>Burger Bar</b> Hamburger on Choice of Bun Assorted Fresh Toppings BBQ Baked Beans	<b>Nacho Bar</b> Beef Taco Meat Tortilla Chips Queso or Cheddar Cheese Sauce Sour Cream Pico De Galo	<b>Saucy Chicken!</b> Popcorn Chicken Side of Macaroni & Cheese Seasoned Spinach Local Cauliflower	<b>Pasta Bowl</b> Diced Chicken Creamy Alfredo Or Spaghetti Sauce Whole Grain Pasta Broccoli Florets	<b>BBQ Bowl</b> Pulled BBQ Pork Choice of Bun Cilantro Slaw Seasoned Fries
	<b>2 MATO</b>				
<b>2 MATO</b>	Michigan Made Boscos Pizza Dipping Sauce	Southwest Chicken Flatbread	Pepperoni & Cheese Calzone	Personal Cheese Pizza	Chicken Alfredo and Broccoli Pizza
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza	Classic Pepperoni Pizza
	<b>GRILLED</b>				
<b>grilled</b>	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger	Cheeseburger
	Crispy Chicken Sandwich	SPICY Crispy Chicken Sandwich	Popcorn Chicken with Pretzel Rod	SPICY Crispy Chicken Sandwich	Crispy Chicken Sandwich
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Weekly Special: Homemade Chunky Tuna Salad				
	<b>ON THE GO</b>				
<b>ON THE GO</b>	Easy "Grab & Go" meals for your convenience! Weekly Special: Chicken Salad on Croissant				
	Available Daily Selections Include: PB & J Sandwich Fun Lunch, Fruit & Yogurt Parfait with Granola, Garden Fresh Salad served with Dinner Roll & Croutons				
	<b>Fresh Fruit &amp; Veggie Bar is available with ALL meals!</b>				
<b>extra extra</b>	Baby Carrots	Tomato Salsa	Spinach & Romaine Side Salad	Spinach and Romaine Side Salad	Shredded Romaine
	Undressed Caesar Side Salad	Celery Sticks	Sliced Cucumbers	Power Peas	Power Peas
	Fresh Broccoli	Fresh Pepper Strips	Shredded Romaine	Cinnamon Applesauce	Fresh Broccoli
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

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