



BELLAIRE MIDDLE HIGH SCHOOL: September 3rd – 7th

	Monday	Tuesday	Wednesday	Thursday	Friday
	CREATE				
create	LABOR DAY	Chicken Fajita on Whole Grain Tortilla Sautéed Peppers & Onions Seasoned Black Beans Sour Cream	Italian Meat Sauce Rotini Whole Grain Garlic Twist Breadstick Local Broccoli Florets	Hamburger Steak Mashed Potatoes Brown Gravy Local Corn Dinner Rolls	Baked Crispy Chicken Tenders Soft Pretzel Fresh Local Roasted Cauliflower Local Warm Cinnamon Apple Slices
	2 MATO				
		Sausage Pizza	Buffalo Chicken Flatbread	Classic Pepperoni Pizza	Meat Lover's Pizza
		Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	GRILLED				
grilled		Bacon Cheeseburger	House Made Chicken & Cheese Quesadilla	BBQ Rib-B-Q Sandwich	Cheeseburger
		Crispy Chicken Sandwich	Crispy Chicken Breast Tenders w/Biscuit	Popcorn Chicken with Pretzel	Spicy Chicken Sandwich
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
		Chicken Caesar Salad Wrap	Chicken Bacon BLT Salad	Ham & Cheese Hoagie	Buffalo Ranch Chicken Wrap
	ON THE GO				
ON THE GO		Chicken Caesar Salad Wrap	Chicken Bacon BLT Salad with Croutons	Ham & Cheese Hoagie	Buffalo Ranch Chicken Wrap
		Strawberry Parfait with Granola	Mixed Berry Parfait with Granola	Michigan Blueberry Parfait with Granola	Strawberry Parfait with Granola
	EXTRA EXTRA				
extra extra		Tomato Salsa	Celery Sticks	Cherry Tomatoes	Baby Carrots
		Fresh Cucumber Coins	Sweet Corn Salad	Fresh Vegetable Italian Pasta Salad	Sweet Corn Salad
		Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad
		Chilled Peaches	Chilled Fruit Cocktail	Applesauce	Mandarin Oranges
		Fresh Orange Wedges	Fresh Banana	Fresh Grapes	Cinnamon Sugar Banana Slices

Student Lunch Price: \$2.80 full pay, \$.40 reduced, free to those who qualify

Questions or Comments?

Contact Jessica Moody (231)587-9764ext214 jmoody@mancelonaschools.org





BELLAIRE MIDDLE HIGH SCHOOL: September 10th – 14th

	Monday	Tuesday	Wednesday	Thursday	Friday
	CREATE				
create	Oven Roasted BBQ Chicken Sweet Potato Fries Vegetarian Baked Beans Fresh Baked Biscuit	Beef Baja Rice Bowl With Beef Taco Meat & Black Beans Avocado Ranch	Open Faced Hot Turkey & Gravy Sandwich Mashed Potatoes Local Green Beans Dinner Roll	Vegetable Egg Roll Lucky Fried Rice Sweet & Sour Sauce Asian Vegetables	Diced Turkey Ham Local Baked Potato Half Local Broccoli Cheddar Cheese Sauce Dinner Rolls
	2 MATO				
2^{matato}	Michigan Made Bosco's with Pizza Sauce	Classic Pepperoni Pizza	Cheesy French Bread Pizza	Buffalo Chicken Flatbread	Meat Lover's Pizza
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
	GRILLED				
grilled	Buffalo Ranch Chicken Cheese Panini	Jalapeno Cheddar Burger	Fish & Cheese Sandwich	American Grilled Cheese Sandwich	Chicken Cordon Bleu Pretzel Sandwich
	Classic Cheeseburger	Crispy Chicken Sandwich	Popcorn Chicken with Pretzel	Crispy Chicken Sandwich	Spicy Chicken Sandwich
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Italian Sub	Tuna Salad on Bagel with Lettuce & Tomato	Ham & Cheddar Chef Salad	Tuna Salad on Bagel with Lettuce & Tomato	Ham & Cheddar Chef Salad
	ON THE GO				
ON THE GO	Italian Sub	Tuna Salad on Bagel with Lettuce & Tomato	Ham & Cheddar Chef Salad	Tuna Salad on Bagel with Lettuce & Tomato	Ham & Cheddar Chef Salad
	Michigan Blueberry Parfait with Granola	Strawberry Parfait with Granola	Peach Parfait with Granola	Strawberry Parfait with Granola	Berry Parfait with Granola
	EXTRA EXTRA				
extra extra	Sweet Green Peas	Citrus Chickpea Salad	Carrot and Celery	Fresh Cherry Tomatoes	Carrot Sticks
	Dark Green Salad Crunch Mix	Marinated Tomato and Cucumber Salad	Sugar Snap Peas	Spinach and Romaine Side Salad	Sugar Snap Peas
	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad
	Pineapple Tidbits	Chilled Peaches	Applesauce	Raisins	Pineapple Tidbits
	Local Michigan Apple	Fresh Orange Wedges	Fresh Banana	Fresh Watermelon	Fresh Pear

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This month we're celebrating **tomatoes**



BELLAIRE MIDDLE HIGH SCHOOL: September 17th – 21st

	Monday	Tuesday	Wednesday	Thursday	Friday
create	CREATE				
	Macaroni & Cheese Garnish of Bacon & Shredded Cheddar Mixed Vegetables Warm Pretzel	Italian Beef Meatballs Rotini Local Broccoli Garlic Breadstick	Popcorn Chicken Bowl with Mashed Potatoes Gravy, Local Corn & a Sprinkle of Cheddar Cheese Dinner Roll	The Perfect Sloppy Joe on Bun Roasted Carrot Fries Warm Local Cinnamon Apple Slices	Denver Breakfast Bowl with Loaded Home Fried Potatoes & Scrambled Eggs Fresh Baked Biscuit
2^{matato}	2 MATO				
	Ham & Cheese Flatbread	Michigan Made Bosco's with Pizza Sauce	Classic Pepperoni Pizza	Hawaiian Pizza	Cheese Calzone
	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
grilled	GRILLED				
	BBQ Rib-B-Q Sandwich	Italian Sausage Flatbread Sandwich	Meatball Sub	Mushroom Swiss Burger	Cheeseburger
	Spicy Chicken Sandwich	Crispy Chicken Sandwich	American Grilled Cheese Sandwich	Crispy Chicken Sandwich	Popcorn Chicken with Pretzel
SO DELI	SO DELI				
	<i>Made to Order Sandwich Bar Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Roast Beef Provolone Honey Mustard Wrap	Egg Salad Wrap	Ham & Cheese Sub	Egg Salad Wrap	Hummus & Vegetable Wrap
ON THE GO	ON THE GO				
	Roast Beef Provolone Honey Mustard Wrap	Egg Salad Wrap	Ham & Cheese Sub	Egg Salad Wrap	Hummus & Vegetable Wrap
	Strawberry Parfait with Granola	Orange Crush Parfait with Granola	Strawberry Parfait with Granola	Berry Parfait with Granola	Strawberry Parfait with Granola
extra^{extra}	EXTRA EXTRA				
	Sweet Green Peas	Citrus Chickpea Salad	Fresh Mushrooms	Fresh Cherry Tomatoes	Carrot Sticks
	Fresh Baby Spinach	Sliced Cucumbers	Broccoli Slaw	Spinach and Romaine Side Salad	Broccoli Slaw
	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad
	Michigan Blueberries	Chilled Peaches	Chilled Fruit Cocktail	Applesauce	Mandarin Oranges
	Local Michigan Apple	Fresh Orange Wedges	Fresh Banana	Fresh Grapes	Cinnamon Sugar Banana Slices

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BELLAIRE MIDDLE HIGH SCHOOL: September 24th – 28th

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Sweet and Sour Chicken Brown Rice Asian Vegetable Blend	Whole Grain Pancakes w/ Warm Strawberry Topping Turkey Sausage Patties Sweet Potato Puffs	Beef Hot Dog on Bun Seasoned Fries Cheese Sauce Cole Slaw	Fish Tacos Cilantro Lime Rice Pico De Gallo Avocado Ranch Shredded Cheese Shredded Romaine	Diced Chicken Breast Cajun Sauce Cuban Yellow Rice Seasoned Pinto Beans Dinner Roll
	2 MATO				
2^{mat}	Hawaiian Pizza	Classic Pepperoni Pizza	Meat Lovers Pizza	Buffalo Chicken Flatbread	Classic Pepperoni Pizza
	Classic Cheese Pizza	Veggie Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza	Classic Cheese Pizza
grilled	Jalapeno Cheddar Burger	Chicken Cordon Bleu Pretzel Sandwich	Bacon Cheeseburger	BBQ Rib-B-Q Sandwich	House Made Chicken & Cheese Quesadilla
	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Popcorn Chicken with Pretzel	Crispy Chicken Sandwich	Crispy Chicken Tenders with Pretzel
SO DELI	SO DELI				
	<i>Made to Order Sandwich Bar Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
ON THE GO	Ham & Cheddar Chef Salad	Chicken Salad with Lettuce & Tomato on Croissant	Italian Sub	Chicken Salad with Lettuce & Tomato on Croissant	Hummus with Veggies and Pita
	Michigan Blueberry Parfait with Granola	Strawberry Parfait with Granola	Peach Parfait with Granola	Strawberry Parfait with Granola	Berry Parfait with Granola
extra:extra	EXTRA EXTRA				
	Sweet Green Peas Celery Sticks	Fresh Cherry Tomatoes Sliced Cucumber	Fresh Pepper Strips Pinto Bean Salad	Cole Slaw Spinach and Romaine Side Salad	Cucumber Coins Pinto Bean Salad
	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad	Local Romaine Side Salad
	Pineapple Tidbits Local Michigan Apple	Chilled Peaches Fresh Orange Wedges	Chilled Fruit Cocktail Fresh Banana	Applesauce Fresh Grapes	Mandarin Oranges Cinnamon Sugar Banana Slices

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