

# OPS Food & Nutrition

We are excited to have our students back to school and eating FREE nutritious meals again this school year.

Please feel free to reach out to our department with any questions......
989,729,5486

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Please feel free to visit our website for more information and links to online forms and menus https://www.owosso.k12.mi.us/foodnutritionservices



May 3, 2024 Lunch Hero Day!

# Monday, May 6

#### **Breakfast**

WG Breakfast Round 100% Fruit Juice Michigan Milk

#### <u>Lunch</u>

WG Zoo Crew Chicken Nuggets WG Fresh Roll Baby Carrots Peach Cup Michigan Milk

#### Tuesday, May 7

#### **Breakfast**

WG Pancakes Apple Sauce Michigan Milk

# **Lunch**

WG Beef & Cheese CrispUp Refried Beans Fresh Fruit Michigan Milk

#### Wednesday, May 8

#### **Breakfast**

WG Banana Bread 100% Fruit Juice Michigan Milk

# **Lunch**

WG Rotini WG Garlic Breadstick Fresh Cut Cucumbers Fruit Cup Michigan Milk

# Thursday, May 9

#### Breakfast

WG Benefit Bar Banana Michigan Milk

#### Lunch

WG French Toast Sticks Sausage Links Hash brown Apple Slices Michigan Milk

# Friday, May 10

#### **Breakfast**

WG Fruity PopTart Fresh Fruit Michigan Milk

# <u>Lunch</u>

Perfect WG Pizza Tossed Green Beans Mixed Fruit Michigan Milk



Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the

# Monday, May 13

## **Breakfast**

WG Breakfast Round 100% Fruit Juice Michigan Milk

# **Lunch**

WG Mini Corn Dogs Michigan Baked Beans Peach Slices Michigan Milk

# Tuesday, May 14

#### **Breakfast**

WG Benefit Bar Fresh Fruit Michigan Milk

#### Lunch

WG Burrito Refried Beans Shredded Romaine Lettuce Orange Wedges Michigan Milk

# Wednesday, May 15

# **Breakfast**

WG Waffle 100% Fruit Juice Michigan Milk

# Lunch

WG Bosco Sticks Broccoli Diced Pear Cup Michigan Milk

# Thursday, May 16

# **Breakfast**

WG Breakfast Bread Banana Michigan Milk

# Lunch

WG Chicken Patty
WG Bun
Green Beans
Strawberries
Michigan Milk

# Friday, May 17

# **Breakfast**

WG Tasty PopTart 100% Fruit Juice Michigan Milk

## <u>Lunch</u>

WG Perfect Pizza Baby Carrots Mixed Fruit Michigan Milk



### Monday, May 20

#### **Breakfast**

WG Waffle Fruit Cup Michigan Milk

#### Lunch

WG Chicken Drumstick WG Fresh Roll **Baby Carrots** Peach Slices Michigan Milk

#### Tuesday, May 21

#### **Breakfast**

WG Breakfast Bread Fresh Apple Michigan Milk

# Lunch

WG Burrito Sweet Corn Orange Wedges Michigan Milk

### Wednesday, May 22

#### **Breakfast**

WG Breakfast Round 100% Fruit Juice Michigan Milk

#### Lunch

WG Chicken Nuggets Green Beans **Apple Slices** Michigan Milk

# Thursday, May 23

# **Breakfast**

WG BeneFit Bar **AppleSauce** Michigan Milk

# Lunch

WG Perfect Pizza Tossed Romaine Salad Strawberries Michigan Milk

# Friday, May 24

# **Breakfast**

WG Fruity PopTart Fresh Fruit Michigan Milk

# Chef's Choice

# Free **Breakfast**

8 am - 9 am

**Emerson Elementary** 

515 E. Oliver Street



Owosso Public Schools

11:30 am - 12:30 pm

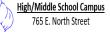
Free Lunch



925 Hampton Street

Monday – Thursday June 10<sup>th</sup> – August All Sites Closed

July 1st - 5th



Any Child 0-18 years old or persons up to age 26 whom are enrolled in an educational program for the mentally or physically disabled that is recognized by a State or Local public educational
This institution is an equal opportunity provider.

### Monday, May 27



#### Tuesday, May 28

# **Breakfast**

WG Mini Pancakes 100% Fruit Juice Michigan Milk

# Lunch

WG PopCorn Chicken WG Fresh Roll Fresh Vegetable Sliced Orange Michigan Milk

# Wednesday, May 29

#### **Breakfast**

WG Banana Bread Fresh Apple Michigan Milk

# **Beach Lunch Day! Bring your Beach**

# Towel!

Cheeseburger WG Hamburger Bun Fresh Cut Cucumbers Watermelon Michigan Milk

# Thursday, May 30

#### Breakfast

WG Muffin Top 100% Fruit Juice Michigan Milk

# Lunch

WG Macaroni & Cheese WG Fresh Roll Baby Carrots Mixed Fruit Michigan Milk

## Friday, May 31

#### **Breakfast**

WG Tasty PopTart Apple Slices Michigan Milk

# Lunch

WG Perfect Pizza Broccoli **Diced Peaches** Michigan Milk

# NUTRITION 1050

Pîzza and fries - that has to be a junk food meal, right? WRONG! Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!

# A QUICK BITE FOR PARENTS

# Monday, June 3

#### Breakfast

WG Breakfast Round Fruit Cup Michigan Milk

# Lunch

WG Zoo Crew Chicken Nuggets WG Fresh Roll **Baby Carrots** Fresh Pear Michigan Milk

# Tuesday, June 4

# **Breakfast**

WG Breakfast Bar Fresh Orange Michigan Milk

# Lunch

WG Beef & Cheese CrispUps WG Fresh Roll Shredded Romaine Lettuce Red Apple Michigan Milk

# Wednesday, June 5

#### **Breakfast**

WG Banana Bread 100% Fruit Juice Michigan Milk

# Lunch

WG Perfect Pizza Fresh Vegetable Summer Fruit Michigan Milk

# Thursday, June 6

## **Breakfast**

Tasty Breakfast Choice Fresh Fruit Michigan Milk

# Chef's Choice





Smile. It's summer! We'll see you next year. Enjoy!