

# Menus for NOVEMBER 2024

This institution is an equal opportunity provider. Menus are subject to change.

**OPSS Food & Nutrition Department**

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  
Joy = Hartman@owosso.k12.mi.us

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

## Thank You



★ VETERANS' DAY ★  
NOVEMBER 11

**Friday, November 1**

**Breakfast**  
WG Benefit Bar  
AppleSauce  
100% Fruit Juice  
Michigan Milk

**Lunch**  
Perfect WG Pizza  
MI Tossed  
Romaine Salad  
MI Fresh Veg Cup  
Strawberries  
Michigan Milk

**DON'T FORGET!**



**TURN BACK TIME**

**SUNDAY, NOV. 3**

**Monday, November 4**

**Breakfast**  
Mini Pancakes  
Raisins  
100% Fruit Juice  
Michigan Milk

**Lunch**  
WG PopCorn Chicken  
WG Gold Fish Crackers  
Broccoli  
MI Celery  
MI Berry Cup  
Michigan Milk

**Tuesday, November 5**

**CLOSED**

**Election Day**

**No School Today**

*Make sure your family votes!*

**Wed., November 6**

**Breakfast**  
WG Benefit Bar  
Round Orange  
100% Fruit Juice  
Michigan Milk

**Lunch**  
WG Bosco Sticks  
MI Fresh Vegetable  
MI Cucumber Coins  
Watermelon Cup  
Michigan Milk

**Thursday, November 7**

**Breakfast**  
WG Banana Bread  
Fresh Pear  
100% Fruit Juice  
Michigan Milk

**Lunch**  
WG Chicken Drumies  
WG Gold Fish  
Farm Fresh Squash  
Great Grapes  
Baby Carrots  
Michigan Milk

**Friday, November 8**

**Breakfast**  
WG Cinnamon Roll  
MI Fresh Apple  
100% Fruit Juice  
Michigan Milk

**Lunch**  
Perfect WG Pizza  
MI Tossed Romaine Salad  
MI Strawberries  
MI Grape Tomatoes  
Michigan Milk

**AVAILABLE DAILY**

Fresh Fruit & Vegetable Bars  
Freshly Baked Whole Grain Rolls  
Your Choice of  
White or Chocolate Michigan Milk  
Fresh Daily Salads w/Gold Fish Crackers

Monday—Peanut Butter & Jelly  
Tuesday—Ham Sub Sandwich  
Wednesday—Peanut Butter & Jelly  
Thursday—Turkey Sub Sandwich  
Friday-Grilled Cheese Sandwich



**Monday, November 11**

**Breakfast**  
WG Benefit Bar  
Round Orange  
100% Fruit Juice  
Michigan Milk

**Lunch**  
WG Chicken Shapes  
WG Gold Fish Crackers  
Sweet Corn  
Vegetable Medley  
Mixed Fruit  
Michigan Milk

**Tuesday, November 12**

**Breakfast**  
WG Breakfast Round  
Fruit Cup  
100% Fruit Juice  
Michigan Milk

**Lunch**  
Walking Tacos  
Shredded Romaine Lettuce  
Black Beans  
MI Diced Tomatoes  
Shredded Cheese  
MI Fresh Pear  
Michigan Milk

**Wed., November 13**

**Breakfast**  
WG Breakfast Bread  
Michigan Apple  
100% Fruit Juice  
Michigan Milk

**Lunch**  
Cheeseburger  
WG Bun  
Seasoned Potatoes  
Baby Carrots  
MI Berry Cup  
Michigan Milk

**Thursday, November 14**

**Breakfast**  
WG Waffle  
Raisins  
100% Fruit Juice  
Michigan Milk

**"Lucky Tray Day!"**

**Lunch**  
WG Rotini  
WG Garlic Bread  
Fresh Cut MI Cucumbers  
MI Celery Sticks  
Fruit Cup  
Michigan Milk

**Friday, November 15**

**Breakfast**  
WG Fruity PopTart  
Fresh Fruit  
100% Fruit Juice  
Michigan Milk

**Lunch**  
Perfect WG Pizza  
MI Tossed  
Romaine Salad  
Fresh Veg Cup  
Red Grapes  
Michigan Milk

**KIDS!**  
Join us for our  
Thanksgiving  
Feast

Featuring  
Turkey & all  
your favorite  
trimmings

**Wednesday, November 20**



# STRANGE BUT TRUE!

WATER BIRDS LIKE GEESE AND SWANS  
MAY GLIDE PEACEFULLY ON THE  
WATER AND WADDLE COMICALLY  
ON LAND, BUT IN THE AIR THEY  
TAKE IT TO A WHOLE DIFFERENT  
LEVEL. THEY SOMETIMES MIGRATE  
AT 25,000 FEET IN THE AIR –  
THAT'S MORE THAN FOUR MILES HIGH!

# VEGETABLE

## Arugula

Arugula mostly grew wild before 1990. Since then, this versatile and nutritious vegetable has found a place on sandwiches, in wraps, as part of packaged mesclun mixes, and on its own as the star of many creative salads.

# OF THE MONTH

# Word of the Month

## pa·tience

n. 1. endurance of hardship or inconvenience without complaint  
2. calmness and self-control in the face of delay 3. understanding of others' difficulties

**Monday, November 18**

**Breakfast**  
WG Breakfast Bar  
Raisins  
100% Fruit Juice  
Michigan Milk

**Lunch**  
*Breakfast for Lunch*  
WG Waffle  
Sausage links  
Hash Brown  
Fruit Slushie  
Michigan Milk

**Tuesday, November 19**

**Breakfast**  
WG Cinnamon Roll  
AppleSauce  
100% Fruit Juice  
Michigan Milk

**Lunch**  
WG Zoo Crew Chicken  
Nuggets  
WG Gold Fish Crackers  
Grape Tomatoes  
Carrot Coins  
Fresh Pear  
Michigan Milk

**Wed., November 20**

**Breakfast**  
WG Pumpkin Bread  
MI Fresh Apple  
100% Fruit Juice  
Michigan Milk

**Lunch**  
Turkey Roast Slice  
WG Fresh Baked Roll  
Mashed Potatoes  
Sweet Corn  
Cranberry Sauce  
Michigan Milk

**Thursday, November 21**

**Breakfast**  
WG Breakfast Bun  
Round Orange  
100% Fruit Juice  
Michigan Milk

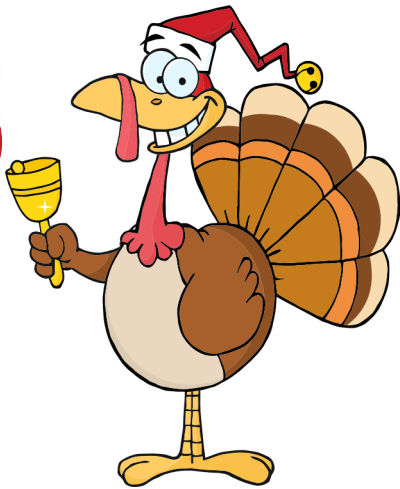
**Lunch**  
WG Bosco Sticks  
Green Beans  
Squash Cubes  
Pineapple Bites  
Michigan Milk

**Friday, November 22**

**Breakfast**  
WG Muffin Flat  
MI Pear  
100% Fruit Juice  
Michigan Milk

**Lunch**  
Perfect WG Pizza  
Tossed MI Romaine Salad  
Fresh Veg Cup  
Red Grapes  
Michigan Milk

Only  
**15**  
more  
school  
days  
'til  
Winter  
Break!



**Monday, November 25**

**Breakfast**  
WG Pumpkin Bread  
Raisins  
100% Fruit Juice  
Michigan Milk

**Lunch**  
WG Chicken Drumies  
WG Gold Fish  
Mashed Potatoes  
Great Grapes  
Baby Carrots  
Michigan Milk

**Tuesday, November 26**

**Breakfast**  
WG Benefit Bar  
MI Fresh Apple  
100% Fruit Juice  
Michigan Milk

**"Lucky Tray Day!"**

**Lunch**  
Perfect WG Pizza  
MI Tossed Romaine Salad  
MI Mixed Fruit  
Mixed Fresh Vegetables  
Michigan Milk

# THANKSGIVING!

ENJOY YOUR  
HOLIDAY!  
SEE YOU  
MONDAY!

**THURSDAY,  
NOVEMBER  
28, 2024**