



Menus for November 2025

Owosso Public
Schools
Bright Beginnings

*This institution is an
equal opportunity
provider and employer.
Menus are Subject to
Change*



OPS Food & Nutrition Department

We are excited to have our students back at 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

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

DON'T FORGET!



TURN BACK TIME

SUNDAY, NOV. 2

Monday, November 3

Breakfast
WG Cinnamon Roll
100% Fruit Juice
Michigan Milk

Lunch
Breakfast for Lunch
WG Waffle
Sausage Links
Hash Brown
Mixed Fruit Cup
Michigan Milk

Tuesday, November 4



**No School
Today**
*Make sure your
family votes!*

Wed., November 5

Breakfast
WG Breakfast Round
Fresh Pear
Michigan Milk

Lunch
WG Chicken Tenders
Mixed Fresh Vegetables
Green Beans
Fresh Apple
Michigan Milk

Thursday, November 6

Breakfast
WG Benefit Bar
Apple Sauce
Michigan Milk

Lunch
WG Macaroni & Cheese
WG Crackers
Green Peppers
Cauliflower
Fresh Grapes
Michigan Milk

Friday, November 7

Breakfast
WG Banana Bread
MI Fruit Cup
Michigan Milk

Lunch
Perfect WG Pizza
Tossed MI Romaine Salad
Fresh Veg Cup
Berry Cup
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 10

Breakfast
WG Pancakes
MI Fruit Cup
Michigan Milk

Lunch
PopCorn Chicken
WG Zee Zee Crackers
Red Peppers
Fresh Apple
Michigan Milk

Tuesday, November 11

Breakfast
WG Banana Bread
100% Fruit Juice
Michigan Milk

Lunch
WG Chicken Drumstick
Mashed Potatoes
Orange Wedges
Michigan Milk

Wed., November 12

Breakfast
WG Breakfast Round
Fresh Banana
Michigan Milk

Lunch
WG Garlic Cheesy Bread
Black Beans
Johnny Pop!
Michigan Milk

Thursday, November 13

Breakfast
WG Breakfast Bar
MI Fresh Apple
Michigan Milk

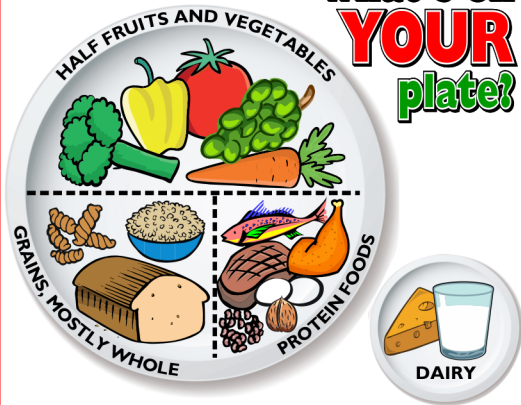
Lunch
Cheeseburger on a WG Bun
Potato Tots
Fruit Cup
Michigan Milk

Friday, November 14

Breakfast
WG Benefit Bar
Fresh Fruit
Michigan Milk

Lunch
Perfect WG Pizza
Tossed MI Romaine Salad
Fruit Cup
Michigan Milk

What's on YOUR plate?



NUTRITION TO GO

If your family wants to eat healthier, don't try to do too much all at once. Start slow and make changes over time. For instance, make an effort to eat fish (unbreaded) once or twice every week. Fish is typically lower in fat than other meats, and even higher-fat types of fish like salmon are sources of healthy omega-3 fatty acids.

A QUICK BITE FOR PARENTS

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 17

Breakfast

WG Cinnamon Roll
Fresh Orange
Michigan Milk

Lunch

WG Chicken Shapes
WG Zee Zee Crackers
Baked Beans
MI Great Grapes
Michigan Milk

Tuesday, November 18

Breakfast

WG Benefit Bar
Michigan Apple
Michigan Milk

Lunch

WG Soft Taco
Romaine Ribbons
Shredded Cheese
Sweet Corn
Orange Wedges
Michigan Milk

Wed., November 19

Breakfast

WG Pumpkin Bread
Pear Cup
Michigan Milk

Lunch

Turkey Roast Slice
WG Fresh Baked Roll
Mashed Potatoes w/Gravy
Sweet Corn
Cranberry Sauce
Michigan Milk

Thursday, November 20

Breakfast

WG Strawberry PopTart
Fresh Banana
Michigan Milk

Lunch

WG Mini Corn Dog
Broccoli
Mixed Fruit Cup
Michigan Milk

Friday, November 21

Breakfast

WG Waffle
AppleSauce
Michigan Milk

Lunch

Perfect WG Pizza
MI Tossed
Romaine Salad
Mixed Berry Cup
Michigan Milk

Monday, November 24

Breakfast

WG Pumpkin Bread
Craisins
Michigan Milk

Lunch

WG Chicken Drumies
WG Gold Fish
Mashed Potatoes
Green Peppers
Michigan Milk

Tuesday, November 25

Breakfast

WG Benefit Bar
MI Fresh Apple
Michigan Milk

Lunch

Perfect WG Pizza
MI Tossed Romaine Salad
MI Mixed Fruit
Michigan Milk

