

Thursday, August 22

Breakfast

WG Banana Bread 100% Fruit Juice Michigan Milk

Lunch

Zoo Crew Chicken Nuggets WG Gold Fish Mashed Potatoes Great Grapes Michigan Milk

Friday, August 23

Breakfast

WG Benefit Bar MI Fresh Apple Michigan Milk

Lunch

Perfect WG Pizza
MI Tossed Romaine Salad
MI Strawberries
MI Celery
Michigan Milk

OPS 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

loy = 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

Monday, August 26

Breakfast

Mini Pancakes 100% Fruit Juice Michigan Milk

Lunch

PopCorn Chicken MI Celery MI Berry Cup Michigan Milk

Tuesday, August 27

Breakfast

WG Breakfast Round Round Orange Michigan Milk

Lunch

Walking Taco Refried Beans MI Fresh Apple Michigan Milk

Wednesday, August 28

Breakfast

WG Breakfast Bread Apple Slices Michigan Milk

Lunch

Perfect WG Pizza MI Tossed Romaine Salad Fresh Fruit Michigan Milk

Thursday, August 29

Breakfast

WG Muffin MI Peach Michigan Milk

Sack Lunch

Friday, Sept 30



Every complete meal we serve comes with your choice of lowfat or nonfat milk!

We're SO GLAD to see you again! It's going to be a GREAT YEAR!

No School

Tuesday, Sep 3

Breakfast

WG Benefit Bar MI Peach Cup Michigan Milk

<u>Lunch</u>

Chicken Drumstick WG Gold Fish Crackers Mashed Potatoes Mixed Fruit Michigan Milk

Wednesday, Sept 4

Breakfast

WG Cereal Bar Michigan Apple Michigan Milk

Lunch

Cheeseburger WG Bun Seasoned Potatoes MI Berry Cup Michigan Milk

Thursday, Sept 5

"National Waffle Week!" Breakfast

WG Waffle 100% Fruit Juice Michigan Milk

Lunch

WG Rotini
WG Garlic Bread
Fresh Cut MI Cucumbers
Fruit Cup
Michigan Milk

Friday, Sept 6

Breakfast

WG Fruity PopTart Fresh Fruit Michigan Milk

Lunch

Perfect WG Pizza MI Tossed Romaine Salad Strawberries Michigan Milk



Star Fruit (also known as "carambolas") are the coolest looking fruits you'll ever see! They're a good source of vitamin C, fiber, and B vitamins. Kind of

sweet, kind of tart, star fruit are great in fruit salad or on a green salad,



Monday, Sept 9

Breakfast

WG Breakfast Bar 100% Fruit Juice Michigan Milk

Lunch

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

Tuesday, Sept 10

Breakfast

WG Cinnamon Roll AppleSauce Michigan Milk

Lunch

WG Zoo Crew Chicken Nuggets Mashed Potatoes Sliced Peaches Michigan Milk

Wed., Sept II

Breakfast

WG Banana Bread MI Fresh Apple Michigan Milk

Lunch

WG Bosco Sticks MI Cucumber Coins Watermelon Cup Michigan Milk

Thursday, Sept 12

Breakfast

WG Breakfast Bun Round Orange Michigan Milk

Lunch

WG Chicken Fingers Peas & Carrots Pineapple Bites Michigan Milk

Friday, Sept 13

Breakfast

WG Muffin Top MI Peach Michigan Milk

Lunch

Perfect WG Pizza
Tossed MI Romaine Salad
Strawberries
Michigan Milk



Monday, Sept 16

Breakfast

WG Muffin MI Fresh Apple Michigan Milk

Lunch

WG Chicken Fingers Mashed Potatoes Orange Wedges Michigan Milk

Tuesday, Sept 17

Breakfast

WG Breakfast Round 100% Fruit Juice Michigan Milk

Lunch

Walking Taco's
MI Diced Tomatoes
Shredded Cheese
Mixed Fruit
Michigan Milk

Wed., Sept 18

Breakfast

WG Breakfast Bar 100% Fruit Juice Michigan Milk

National Cheeseburger Day! Lunch

Cheeseburger on a WG Bun Potato Tots Fresh Apple Michigan Milk

Thursday, Sept 19

Breakfast

WG Benefit Bar Fresh Banana Michigan Milk

Lunch

Mac & Cheese WG Fresh Roll MI Sliced Cucumbers Perfect MI Peaches Michigan Milk

Friday, Sept 20

Breakfast

WG Fruity PopTart Fresh Fruit Michigan Milk

Lunch

Perfect WG Pizza Tossed MI Romaine Salad Strawberries Michigan Milk

We'll be celebrating our local and regional agricultural bounty through-out the School Year

Monday, Sept 23

Breakfast

WG Breakfast Bun Fruit Cup Michigan Milk

Lunch

WG Zoo Crew Chicken Nuggets Mashed Potatoes Fresh Fruit Michigan Milk

Tuesday, Sept 24

Breakfast

WG Benefit Bar Michigan Apple Michigan Milk

Lunch

WG Walking Taco Diced Tomatoes Shredded Cheese Orange Wedges Michigan Milk

Wed., Sept 25

"World School Milk

Day!" Breakfast

WG Waffle 100% Fruit Juice Michigan Milk

Lunch

WG Bosco Sticks Broccoli MI Cucumber Coins Michigan Milk

Thursday, Sept 26

Breakfast

WG Banana Bread MI Peach Michigan Milk

Lunch

WG Chicken Patty WG Bun Green Beans Mixed Fruit Michigan Milk

Friday, Sept 27

Breakfast

WG Benefit Bar AppleSauce Michigan Milk

Lunch

Perfect WG Pizza MI Tossed Romaine Salad Strawberries Michigan Milk

