

Owosso Public Schools
Lincoln Alternative High School

Menus for November 2025

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

Available Daily

Fresh Salad of the
Day

Fresh Specialty
Sandwich

Featured Specials of the Day

Monday, November 3

Walking Taco, Nacho's
Or Soft Taco's
Refried Beans
Romaine Lettuce & Tomatoes

Tuesday, November 4



NO SCHOOL TODAY

Wednesday, November 5

Chicken Sandwich
Potato Wedges

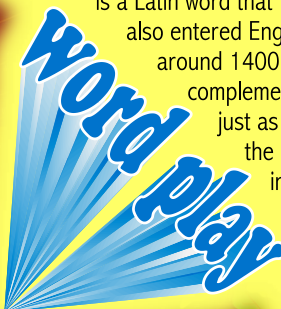
Thursday, November 6

Chicken Tenders
Potato Wedges
Fresh Pear

Friday, November 7

Pepperoni Pizza
Romaine Tossed Salad
Fresh Fruit

Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!



SEASON'S GR(EAT)INGS.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January!

At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, November 10

Trojan Burger
Potato Wedges
Fresh Orange

Tuesday, November 11

Walking Taco, Nacho's,
Or Soft Taco's
Refried Beans
Romaine Lettuce & Tomatoes

Wednesday, November 12

Chicken Sandwich
Mixed Fresh Vegetables
Pineapple Bites

Thursday, November 13

Pop Corn Chicken Bowl
Mashed Potatoes
Sweet Corn

Friday, November 14

Cheese Pizza
Romaine Tossed Salad
Fresh Fruit

**Please See Other Page
for Items Available Daily**



★ **OUR NATION'S HISTORY**

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.



★ **WITH LIBERTY & JUSTICE FOR ALL** ★

Featured Specials of the Day

Monday, November 17

Soft Tacos, Nacho's
Refried Beans

Romaine Lettuce & Tomatoes

Tuesday, November 18

Ham & Cheese Croissant
Curly Fries
Fresh Apple Slices

Wednesday, November 19

Turkey Slice
Mashed Potatoes w/Gravy
Sweet Corn
Cranberry Sauce

Thursday, November 20

Chicken Tenders
Potato Wedges
Mixed Fruit

Friday, November 21

Bosco Sticks
Mixed Fresh Vegetables
Fruit Cup

45 BY THE NUMBERS
**THE NUMBER OF AMERICANS, IN
MILLIONS, WHO WILL TRAVEL MORE
THAN 50 MILES FOR THANKSGIVING.**



**Break begins at the end of classes:
Tuesday, November 25th**

**Classes Resume:
Monday, December 1st**

Featured Specials of the Day

Monday, November 24

Soft Beef Taco's, Nacho's
Refried Beans

Romaine Lettuce & Tomatoes

Tuesday, November 25

Pepperoni Pizza
Romaine Tossed Salad
Fresh Oranges

**Thanks
giving**

Enjoy your
Holiday!
See you Monday!

