

## Menus for August/September 2023



### Owosso Public Schools

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

Thursday, August 24

#### Breakfast

WG Banana Bread  
Fruit Cup  
100% Fruit Juice  
Michigan Milk

#### Lunch

Zoo Crew  
Chicken Nuggets  
Whole Grain Roll  
Mashed Potatoes  
Great Grapes  
Baby Carrots  
Michigan Milk

Friday, August 25

#### Breakfast

WG Benefit Bar  
AppleSauce  
100% Fruit Juice  
Michigan Milk

#### Lunch

Perfect WG Pizza  
Tossed Romaine Salad  
Strawberries  
Clean Cut Celery  
Michigan Milk

### OPS Food & Nutrition Department

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

Please feel free to reach out to our department with any questions.....

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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 28

#### Breakfast

Mini Pancakes  
Raisins  
100% Fruit Juice  
Michigan Milk

#### Lunch

PopCorn Chicken  
WG Fresh Roll  
Broccoli  
Clean Cut Celery  
Watermelon  
Michigan Milk

Tuesday, August 29

#### Breakfast

WG Breakfast  
Round  
Clementine's  
100% Fruit Juice  
Michigan Milk

#### Lunch

Walking Taco  
Sweet Corn  
Refried Beans  
Cinnamon  
AppleSauce  
Michigan Milk

Wednesday, August 30

#### Breakfast

WG Breakfast  
Bread  
Apple Slices  
100% Fruit Juice  
Michigan Milk

#### Lunch

Perfect WG Pizza  
Tossed Romaine Salad  
Grape Tomatoes  
Apple Slices  
Michigan Milk

Thursday, August 31

#### Breakfast

WG Apple  
Cinnamon Toast  
Pear Cup  
100% Fruit Juice  
Michigan Milk

1/2 Day  
Sack Lunch

Friday, Sept 1



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



**NO SCHOOL  
MONDAY,  
SEPTEMBER 4**

Tuesday, Sep 5

#### Breakfast

WG Benefit Bar  
Peach Cup  
100% Fruit Juice  
Michigan Milk

#### Lunch

Chicken Drumstick  
WG Fresh Roll  
Mashed Potatoes  
Vegetable Medley  
Mixed Fruit  
Michigan Milk

Wednesday, Sept 6

#### Breakfast

WG Cereal Bar  
Michigan Apple  
100% Fruit Juice  
Michigan Milk

#### Lunch

Cheeseburger  
WG Bun  
Seasoned Potatoes  
Baby Carrots  
Fresh Apple  
Michigan Milk

Thursday, Sept7

#### Breakfast

WG Waffle  
Fruit Cup  
100% Fruit Juice  
Michigan Milk

#### Lunch

Hot Dog  
WG Bun  
Baked Michigan Beans  
Baby Carrots  
Watermelon  
Michigan Milk

Friday, Sept 8

#### Breakfast

WG Fruity PopTart  
Fresh Fruit  
100% Fruit Juice  
Michigan Milk

#### Lunch

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

### AVAILABLE DAILY

Fresh Fruit & Vegetable Bars  
Freshly Baked Whole Grain Rolls

Your Choice of  
White or Chocolate Michigan Milk

Revolving Choices of PB&J  
Sandwich, Sub Sandwich  
or Freshly Made Salads

**Monday, Sept 11**

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

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

**Tuesday, Sept 12**

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

**Lunch**  
 WG Zoo Crew  
 Chicken Nuggets  
 WG Fresh Roll  
 Mashed Potatoes  
 Baby Carrots  
 Sliced Peaches  
 Michigan Milk

**Wed., Sept 13**

**Breakfast**  
 WG Banana Bread  
 Fruit Cup  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 WG Bosco Sticks  
 Broccoli  
 Zucchini Coins  
 Watermelon Cup  
 Michigan Milk

**Thursday, Sept 14**

**Breakfast**  
 WG Breakfast Bun  
 Apple Slices  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 Sweet-n-Sour  
 PopCorn Chicken  
 WG Rice  
 Peas & Carrots  
 Pineapple Bites  
 Michigan Milk

**Friday, Sept 15**

**Breakfast**  
 WG Muffin Top  
 Peach Cup  
 100% Fruit Juice  
 Michigan Milk

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

**Monday, Sept 18**

**Breakfast**  
 WG Apple  
 Cinnamon Toast  
 Pear Cup  
 100% Fruit Juice  
 Michigan Milk

**National**  
***Cheeseburger Day***  
 Cheeseburger  
 Baked Mi Beans  
 Grape Tomatoes  
 Fresh Apple  
 Michigan Milk

**Tuesday, Sept 19**

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

**Lunch**  
 WG Mac & Cheese  
 WG Fresh Roll  
 Spinach Salad  
 Sliced Cucumbers  
 Perfect Peaches  
 Michigan Milk

**Wed., Sept 20**

**Breakfast**  
 WG Breakfast Bar  
 Apple Slices  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 WG Chicken Fingers  
 WG Fresh Roll  
 Mashed Potatoes  
 Squash Cubes  
 Orange Wedges  
 Michigan Milk

**Thursday, Sept 21**

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

**Lunch**  
 Walking Taco's  
 Shredded Lettuce  
 Grape Tomatoes  
 Shredded Cheese  
 Mixed Fruit  
 Michigan Milk

**Friday, Sept 22**

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

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

**Monday, Sept 25**

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

**Lunch**  
 WG Zoo Crew  
 Chicken Nuggets  
 WG Fresh Roll  
 Mashed Potatoes  
 Great Grapes  
 Baby Carrots  
 Michigan Milk

**Tuesday, Sept 26**

**Breakfast**  
 WG Cereal Bar  
 Michigan Apple  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 WG Calzone  
 Pepper Strips  
 Sweet Corn  
 Fresh Orange Slices  
 Michigan Milk

**Wed., Sept 27**

**Breakfast**  
 WG Waffle  
 Pear Cup  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 WG Bosco Sticks  
 Broccoli  
 Zucchini Coins  
 Watermelon Cup  
 Michigan Milk

**Thursday, Sept 28**

**Breakfast**  
 WG Banana Bread  
 Fruit Cup  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 Chicken Patty  
 WG Bun  
 Green Beans  
 Celery Cuts  
 Mixed Fruit  
 Michigan Milk

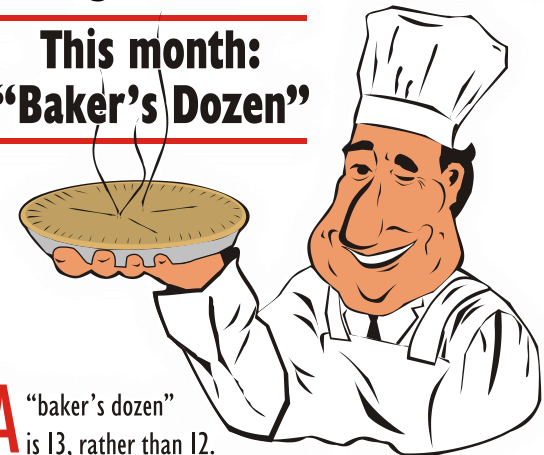
**Friday, Sept 29**

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

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



## This month: "Baker's Dozen"



A "baker's dozen" is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!