

# Owosso Public Schools

## Menus for OCTOBER 2024

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

### 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

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>

## 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



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

**Farm to School**



**October is Breast Cancer Awareness Month**



### Monday, September 30

#### Breakfast

Mini Pancakes  
Raisins  
100% Fruit Juice  
Michigan Milk

#### Lunch

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

### Tuesday, October 1

#### Breakfast

WG Breakfast Round  
Round Orange  
100% Fruit Juice  
Michigan Milk

#### Lunch

WG Walking Taco  
MI Sweet Corn  
Refried Beans  
MI Fresh Apple  
Michigan Milk

### Wednesday, October 2

#### Breakfast

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

#### Lunch

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

### Thursday, October 3

#### Breakfast

WG Banana Bread  
Raisins  
100% Fruit Juice  
Michigan Milk

#### Lunch

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

### Friday, October 4

#### National Cinnamon Roll Day!

#### Breakfast

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

#### Lunch

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

### Monday, October 7

#### Breakfast

WG Benefit Bar  
MI Peach Cup  
100% Fruit Juice  
Michigan Milk

#### Lunch

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

### Tuesday, October 8

#### Breakfast

WG Breakfast Round  
Fruit Cup  
100% Fruit Juice  
Michigan Milk

#### Lunch

Walking Taco's  
Shredded Romaine Lettuce  
Black Beans  
MI Diced Tomatoes  
Shredded Cheese  
Mi Fresh Apple  
Michigan Milk

### Wednesday, October 9

#### 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, October 10

#### 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, October 11

#### Breakfast

WG Fruity PopTart  
Fresh Fruit  
100% Fruit Juice  
Michigan Milk

#### Lunch

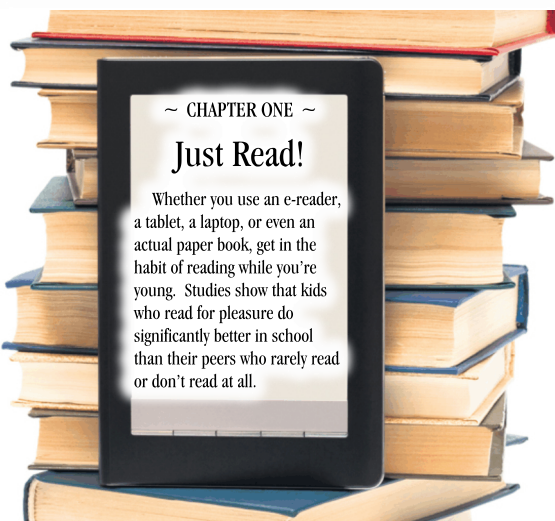
Perfect WG Pizza  
MI Tossed Romaine Salad  
Fresh Veg Cup  
Strawberries  
Michigan Milk





**NUTRITION TO GO**

**Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff. And always use a microwave-safe container!**


**A QUICK BITE FOR PARENTS**



Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
<b>Breakfast</b> Bail Out Breakfast Bar Argh! Raisins 100% Fruit Juice Michigan Milk  <b>Lunch</b> <i>Breakfast for Lunch</i> Walk the Plank Waffle Ship Wreck Sausage links Heckled Hash Brown Fair Winds Fruit Slushie Michigan Milk	<b>Breakfast</b> Golden Cinnamon Coins Ahoy AppleSauce 100% Fruit Juice Michigan Milk  <b>Lunch</b> Captain's Crew Chicken Nuggets WG Gold Fish Crackers Pirate Potatoes Treasure Chest Carrots Overboard Oranges Michigan Milk	<b>Breakfast</b> Matte Muffin Top Fresh Fleet Fruit 100% Fruit Juice Michigan Milk  <b>Lunch</b> Perfect Pirate Pizza Toss me Over Romaine Salad Vacant Veg Cup Sailing Strawberries Michigan Milk	Michigan Apple Crunch Day!    1/2 Day	<b>No School</b>

**KIDS! Please join us to celebrate National School Lunch Week, October 14-18!**

Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
<b>Breakfast</b> WG Muffin MI Fresh Apple 100% Fruit Juice Michigan Milk  <b>Lunch</b> WG Chicken Drumies WG Gold Fish Crackers Mi Squash Sticks Fresh MI Veg Cup Orange Wedges Michigan Milk	<b>Breakfast</b> WG Breakfast Round Fruit Cup 100% Fruit Juice Michigan Milk  <b>Lunch</b> WG Walking Taco's Shredded Lettuce MI Diced Tomatoes Shredded Cheese Mixed Fruit Michigan Milk	<b>Breakfast</b> WG Breakfast Bar Raisins 100% Fruit Juice Michigan Milk  <b>Lunch</b> Cheeseburger on a WG Bun Potato Tots MI Grape Tomatoes Fresh Apple Michigan Milk	<b>Breakfast</b> WG Benefit Bar Fresh Banana 100% Fruit Juice Michigan Milk  <b>Lunch</b> WG Mac & Cheese WG Fresh Roll MI Spinach Salad MI Sliced Cucumbers Perfect MI Peaches Michigan Milk	<b>Breakfast</b> WG Fruity PopTart Fresh Fruit 100% Fruit Juice Michigan Milk  <b>Lunch</b> Perfect WG Pizza Tossed MI Romaine Salad Fresh Veg Cup Strawberries Michigan Milk

Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	Friday, November 1
<b>Breakfast</b> WG Breakfast Bun Fruit Cup 100% Fruit Juice Michigan Milk  <b>Lunch</b> WG Chicken Shapes WG Gold Fish Crackers Baby Carrots MI Great Grapes Baby Carrots Michigan Milk	<b>Breakfast</b> WG Benefit Bar Michigan Apple 100% Fruit Juice Michigan Milk  <b>Lunch</b> WG Walking Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Orange Wedges Michigan Milk	"National Pumpkin Bread Day!" <b>Breakfast</b> WG Pumpkin Bread Fruit Cup 100% Fruit Juice Michigan Milk  <b>Lunch</b> WG Booful Bosco Sticks Broccoli MI Cucumber Coins MI Mixed Berries Michigan Milk		<b>Breakfast</b> WG Benefit Bar AppleSauce 100% Fruit Juice Michigan Milk  <b>Lunch</b> Perfect WG Pizza MI Tossed Romaine Salad MI Fresh Veg Cup Strawberries Michigan Milk