

Menus for October 2025

Owosso Public Schools
Lincoln High School

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

ARE YOU READY FOR THIS GUY?



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

The flu bug makes the scene in October and can hang around until May! Protect yourself. The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

Featured Specials of the Day

Wednesday, October 1

Chicken Sandwich
Potato Wedges

Thursday, October 2

PopCorn Chicken Bowl
Mashed Potatoes
Sweet Corn

Friday, October 3

Pepperoni Pizza
Romaine Tossed Salad
Fresh Red Apple

Monday, October 6

Chicken Sandwich
Potato Wedges
Fresh Fruit

Tuesday, October 7

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

Wednesday, October 8

Pasta Bowl
Meatballs or Chicken
Marinera Sauce
Garlic Bread

Thursday, October 9

Chicken Tenders
Potato Wedges
Fresh Pear

Friday, October 10

Cheese Pizza
Romaine Tossed Salad
Fresh Oranges

Featured Specials of the Day

Monday, October 13

Trojan Burger
Potato Wedges
Fresh Apple

Tuesday, October 14

Walking Taco, Nacho's,
Or Soft Taco's
Refried Beans

Romaine Lettuce & Tomatoes

Wednesday, October 15

Bosco Sticks
Marinera Sauce
Romaine Lettuce
Fresh Pear

Thursday, October 16

PopCorn Chicken Bowl
Mashed Potatoes
Sweet Corn

Friday, October 17

Meat Pizza
Romaine Tossed Salad
Fresh Pears

AVAILABLE DAILY

Fresh Salad of the Day

Fresh Specialty Sandwich



THE Top 10 Artists
September 2025
Source: Billboard

LIST

- 1/Morgan Wallen
- 2/Taylor Swift
- 3/Conan Gray
- 4/HUNTR/X: EIAE, Audrey Nuna & REI AMI
- 5/Billie Eilish
- 6/Alex Warren
- 7/Sabrina Carpenter
- 8/Kendrick Lamar
- 9/Benson Boone
- 10/Drake

eatfit

wanna stay fit?
gotta eat right!

*There's magic at
the produce
stand!*



Try to eat 5-10 servings of Fruits and Veggies
every day to make sure you **EAT FIT!**

1. Write the total number of fruit and veggie
servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1775 if you've had your birthday
this year or 1774 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of
servings from line 1, and the remaining digits
are your age. Now, increase your daily servings
of fruits and veggies today and try it again!

It works like MAGIC!

PLEASE
SEE OTHER
PAGE FOR ITEMS
AVAILABLE DAILY

Featured Specials of the Day

Monday, October 20

Chicken Sandwich
Potato Wedges
Fresh Fruit

Tuesday, October 21

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

Wednesday, October 22

Pasta Bowl
Meatballs or Chicken
Marinara Sauce
Garlic Bread

Thursday, October 23

Chicken Tenders
Potato Wedges
Fresh Pear

Friday, October 24

No School

OCTOBER IS

*Breast
Cancer*

AWARENESS
MONTH

Featured Specials of the Day

Monday, October 27

Trojan Burger
Potato Wedges
Fresh Apple

Tuesday, October 28

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

Wednesday, October 29

Pepperoni Pizza
Fresh Vegetables
Fresh Pear

Thursday, October 30

PopCorn Chicken Bowl
Mashed Potatoes
Sweet Corn

Friday, October 31

1/2 day



