


Menus for October 2025



Owosso Public School District

USDA is an equal opportunity provider and employer. Menus

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

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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>

Wednesday, October 1

Breakfast

WG Breakfast Round
Fresh Pear
100% Fruit Juice
Michigan Milk

"Lucky Tray Day!"

Lunch

WG Chicken Tenders
Mixed Fresh Vegetables
Green Beans
Fresh Apple
Michigan Milk

Thursday, October 2

Breakfast

WG Benefit Bar
Apple Sauce
100% Fruit Juice
Michigan Milk

Lunch

WG Macaroni & Cheese
Green Peppers
Cauliflower
Berry Cup
Michigan Milk

Friday, October 3

Breakfast

WG Banana Bread
MI Fruit Cup
100% Fruit Juice
Michigan Milk

Lunch

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

Available Daily

Fresh Fruit & Vegetable Bars
Whole Grain Crackers
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

Monday, October 6

Breakfast

WG Pancakes
MI Fruit Cup
100% Fruit Juice
Michigan Milk

Lunch

PopCorn Chicken
WG Zee Zee Crackers
Green Beans
Red Peppers
Fresh Apple
Michigan Milk

Tuesday, October 7

Breakfast

WG Banana Bread
Raisins
100% Fruit Juice
Michigan Milk

Lunch

Twin Cheeseburgers
Mashed Potatoes
Baby Carrots
Orange Wedges
Michigan Milk

Wednesday, October 8

Breakfast

WG Breakfast Round
Fruit Cup
100% Fruit Juice
Michigan Milk

Lunch

WG Bosco Sticks
Romaine Ribbons
Cucumber Coins
Black Beans
Fruit Slushie
Michigan Milk

Thursday, October 9

Breakfast

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

Lunch

WG Chicken Drumstick
Potato Tots
MI Grape Tomatoes
Fruit Cup
Michigan Milk

Friday, October 10

Breakfast

WG Benefit Bar
Fresh Fruit
100% Fruit Juice
Michigan Milk

Lunch

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

Monday, October 13

Breakfast

WG Breakfast Bun
Raisins
100% Fruit Juice
Michigan Milk

Lunch

WG Chicken Shapes
WG Zee Zee Crackers
Baby Carrots
Baked Beans
MI Great Grapes

Tuesday, October 14

Breakfast

WG Benefit Bar
Michigan Apple
100% Fruit Juice
Michigan Milk

Lunch

WG Soft Taco
Romaine Ribbons
Tomatoes & Shredded Cheese
Sweet Corn
Orange Wedges
Michigan Milk

Wednesday, October 15

Breakfast

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

Lunch

Cheeseburger on a WG Bun
Potato Tots
MI Grape Tomatoes
Strawberry Cup
Michigan Milk

Thursday, October 16

Apple Crunch Day!

Breakfast
WG Strawberry PopTart
Fresh Banana
100% Apple Juice
Michigan Milk

Lunch

WG Mini Corn Dog
Broccoli
MI Sliced Cucumbers
MI Fresh Red Apple
Michigan Milk


Friday, October 17

Breakfast

WG Waffle
AppleSauce
100% Fruit Juice
Michigan Milk

Lunch

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



taste the world: your school lunch passport!

National School Lunch Week | October 13-17, 2025

KIDS! Please join us to celebrate National School Lunch Week, October 13-17!

**STAY
ALERT
& BE
SAFE!**



**YOU NEVER
KNOW WHAT
YOU MIGHT
RUN INTO
OUT THERE!**



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

Owosso Public School District—Food & Nutrition



Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Breakfast WG Cinnamon Roll Fruit Cup 100% Fruit Juice Michigan Milk Lunch WG Chicken Nuggets WG Crackers Grape Tomatoes Baby Carrots Great Grapes Michigan Milk	Breakfast WG BeneFit Bar Fresh Orange 100% Fruit Juice Michigan Milk Lunch WG Walking Taco Shredded Lettuce Diced Tomato Shredded Cheese Red Apple Michigan Milk	Breakfast WG Banana Bread Fresh Pear 100% Fruit Juice Michigan Milk 1/2 Day	Breakfast WG Pop Tart MI Fresh Apple 100% Fruit Juice Michigan Milk Lunch Perfect WG Pizza MI Romaine Salad MI Strawberries Mixed Fresh Vegetables Michigan Milk	No School
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
Breakfast WG Breakfast Round Fruit Cup 100% Fruit Juice Michigan Milk Lunch WG Popcorn Chicken WG Crackers Grape Tomatoes Baby Carrots Great Grapes Michigan Milk	Breakfast WG Pancakes Fresh Fruit 100% Fruit Juice Michigan Milk "Lucky Tray Day!" Lunch WG Beef & Cheese Taco Refried Beans Sweet Corn Celery Sticks Michigan Milk	Breakfast WG Banana Bread Red Apple Slices 100% Fruit Juice Michigan Milk Lunch WG Rotini WG Garlic Stick Fresh Cut Cucumber Spring Mix Salad Fruit Cup Michigan Milk	Breakfast WG Waffle AppleSauce 100% Fruit Juice Michigan Milk Lunch Perfect WG Pizza MI Tossed Romaine Salad MI Fresh Veg Cup Berry BOOO! Cup Michigan Milk	Breakfast WG Benefit Bar Banana 100% Fruit Juice Michigan Milk 1/2 Day