

## OWOSSO PUBLIC SCHOOLS ELEMENTARY LUNCH MENU 2022-2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH MENU #1</b>				
Zoo Crew Chicken Nuggets Sweet Potato Fries Applesauce Michigan Milk	Beef Soft Tacos Round Tortillas Refried Beans Green Grapes Michigan Milk	Bosco Sticks Mixed Vegetables Mandarin Oranges Michigan Milk	Mini Corn Dog Potato Smiles Peeled Pears Michigan Milk	Stuffed Crust Pizza Romaine Salad Fresh Sliced Apples Michigan Milk
<b>LUNCH MENU #2</b>				
Cheese Burger On a Bun Seasoned Potatoes Diced Peaches Michigan Milk	Hot Calzone Steamed Carrots Applesauce Michigan Milk	Chicken Drumstick Dinner Roll Watermelon Chunks Michigan Milk	Walking Taco Refried Beans Fresh Apple Slices Michigan Milk	French Bread Pizza Romaine Salad Sliced Pears Michigan Milk
<b>LUNCH MENU #3</b>				
Breakfast for Lunch French Toast Sticks Sausage Patty Hash browns Sliced Apples Michigan Milk	Garlic Chicken Afredo Sauce w/Pasta Steamed Broccoli Mixed Fruit Michigan Milk	Chicken Nuggets Dinner Roll Mashed Potatoes Cantaloupe Smiles Michigan Milk	Beef Nacho's w/Tortilla Chips Refried Beans Red grapes Michigan Milk	Stuffed Crust Pizza Romaine Salad Sliced Pears Michigan Milk
<b>LUNCH MENU #4</b>				
Chicken Sandwich on a bun Potato Bites Applesauce Michigan Milk	Macaroni and Cheese Roll Broccoli Sliced Pears Michigan Milk	Popcorn Chicken Dinner Roll Green Beans Strawberries Michigan Milk	Chicken Taco's Sweet Corn Seasoned Black Beans Orange Slices Michigan Milk	Bagel Pizza Fresh Baby Carrots Fresh Apple Slices Michigan Milk

Main Entrée Second and Third choice	
Monday	Grape PB&J  Fresh Chef Salad
Tuesday	Ham Sub  Fresh Chicken Caesar Salad
Wednesday	Strawberry PB&J  Fresh Chef Salad
Thursday	Deli Sub  Fresh Chicken Caesar Salad
Friday	Grilled Cheese Sandwich  Fresh Chef Salad

Fresh fruit and vegetable bars are available daily, featuring at least 4 additional fruits and vegetables.

### BREAKFAST AND LUNCH CALENDAR

**Adult Lunch-\$4.50 White and Chocolate Skim or 1% White Milk Available**

AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
											1	2	3							1			1	2	3	4	5						1	2	3
							4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
				18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	
														30	31																				
JANUARY							FEBRUARY							MARCH							APRIL							MAY							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1		1	2	3	4	5	6	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	
29	30	31					26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31	1			

**OWOSSO PUBLIC SCHOOLS  
UNIVERSAL BREAKFAST MENU 2022-2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST MENU #1</b>				
<b>Breakfast Benefit Bar</b>  Whole Apple Michigan Milk	<b>Cinnamon Roll</b>  Whole Orange Michigan Milk	<b>Bakeshop Breakfast Bread</b>  Whole Pear Michigan Milk	<b>Strawberry Pop Tart</b>  Whole Apple Michigan Milk	<b>Soft Cocoa Puff Bar</b>  100% Fruit Juice Michigan Milk
<b>BREAKFAST MENU #2</b>				
<b>Mini Cinnamon Mini Bagel</b>  Whole Apple Michigan Milk	<b>Breakfast Benefit Bar</b>  Whole Orange Michigan Milk	<b>Bakery Pastry</b>  Whole Pear Michigan Milk	<b>Cinnamon Pop Tart</b>  Whole Orange Michigan Milk	<b>Ultimate Breakfast Round</b>  100% Fruit Juice Michigan Milk
<b>BREAKFAST MENU #3</b>				
<b>Cinnamon Toast Bar</b>  Whole Apple Michigan Milk	<b>Mini-Pancakes</b>  Whole Pear Michigan Milk	<b>Bakeshop Breakfast Bread</b>  Whole Orange Michigan Milk	<b>Strawberry Pop Tart</b>  Whole Pear Michigan Milk	<b>Breakfast Benefit Bar</b>  100% Fruit Juice Michigan Milk
<b>BREAKFAST MENU #4</b>				
<b>Ultimate Breakfast Round</b>  Whole Apple Michigan Milk	<b>Bakeshop Breakfast Bread</b>  Whole Orange Michigan Milk	<b>Mini-Pastry</b>  Whole Pear Michigan Milk	<b>Breakfast Benefit Bar</b>  Whole Orange Michigan Milk	<b>Cinnamon Roll</b>  100% Fruit Juice Michigan Milk

**USDA Non-Discrimination Statement**

In accordance with Federal law and U.S Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, et.) should contact the responsible State or local Agency that administers the program or USDA's Target Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at Link to [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

**Mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, DC 20250-9410

**Fax:**

(202) 690-7442 or

**Email:**

**Program.intake@usda.gov**

This institution is an equal opportunity employer.