



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Owosso Public Schools
Bentley Bright
Beginnings



BREAKFAST

MONDAY

WG Blueberry Muffin
Fresh Apple Slices
Milk

01

TUESDAY

WG Waffle
Fresh Pear
Milk

02

WEDNESDAY

WG Banana Bread
Diced Peaches
Milk

03

THURSDAY

WG Kix
Fresh Banana
Milk

04

FRIDAY

Raspberry Yogurt
Pineapple Cup
Milk

05

WG Bagel w/ Cream Cheese
Diced Pears
Milk

08

Strawberry Banana Yogurt
Fresh Strawberries
Milk

09

WG Cinnamon Chex
Clementine
Milk

10

WG Pumpkin Bread
Diced Peaches
Milk

11

WG Blueberry Muffin
Fresh Apple Slices
Milk

12

WG Kix
Fresh Pear
Milk

15

WG Banana Bread
Diced Peaches
Milk

16

WG Blueberry Muffin
Fresh Apple Slices
Milk

17

WG English Muffin w/
Sun Butter
Applesauce

18

Raspberry Yogurt
Pineapple Cup
Milk

19

HOLIDAY BREAK

22

HOLIDAY BREAK

23

HOLIDAY BREAK

24

HOLIDAY BREAK

25

HOLIDAY BREAK

26

HOLIDAY BREAK

29

HOLIDAY BREAK

30

HOLIDAY BREAK

31



This institution is an equal
opportunity and provider

DECEMBER 2025



December is National Pear Month. Pears are a top fruit source of fiber, especially when the skin is included. They also provide vitamin C and potassium. Add chopped pears to salads, parfaits, or baked goods like muffins

Fresh Daily Salads w/Goldfish Crackers Monday—Peanut Butter & Jelly Tuesday –Ham Sub Sandwich Wednesday – Peanut Butter & Jelly Thursday –Turkey Sub Sandwich Friday- Grilled Cheese Sandwich



MONDAY

WG Mini Cheese Pizza
Bagels
Steamed Green Beans
Fresh Orange Wedges
Milk

01

TUESDAY

WG Breaded Chicken
Nuggets w/ WG Crackers
Baked Beans
Watermelon Cup
Milk

02

WEDNESDAY

Cheeseburger on WG Bun
Seasoned Potato Wedges
Berry Cup
Milk

03

THURSDAY

WG Cheesy Alfredo
WG Garlic Toast
Steamed Carrot Coins
Fresh Apple
Milk

04

FRIDAY

Turkey Ham & Croissant
Fresh Celery Sticks
Mandarin Orange Cup
Milk

05

WG Grilled Cheese
Baked Tator Tots
Mixed Fruit Cup
Milk

08

WG Soft Taco w/ Shredded
Cheese & Chopped Romaine
Refried Beans
Fresh Apple Slices
Milk

09

WG Chicken Nuggets
WG Crackers
Fresh Broccoli
Fresh Banana
Milk

10

WG Cheese Pizza
Fresh Baby Carrots
Fresh Orange Wedges
Milk

11

WG Mini Cheese Ravioli
Chopped Romaine
Applesauce
Milk

12

WG Pizza Crunchers
Fresh Cucumber Coins
Diced Peaches
Milk

15

WG Chicken & Cheese
Quesadillas w/ Black Beans
Applesauce
Milk

16

Meatloaf
Mashed Potatoes, Corn
WG Mini Biscuit
Fresh Pear , Milk

17

WG Cheese Pizza
Fresh Baby Carrots
Fresh Banana
Milk

18

Turkey Ham & Cheese
Croissant
Fresh Celery Sticks
Mandarin Orange Cup
Milk

19

No School
HOILDAY BREAK

22

No School
HOILDAY BREAK

23

No School
HOILDAY BREAK

24

No School
HOILDAY BREAK

25

No School
HOILDAY BREAK

26

No School
HOILDAY BREAK

29

No School
HOILDAY BREAK

30

No School
HOILDAY BREAK

31



**Owosso Public Schools
Bentley Bright Beginnings**

This institution is an equal opportunity and provider

DECEMBER 2025