



Owosso Public Schools

Thursday, August 22

Breakfast

WG Banana Bread
Raisins
100% Fruit Juice
Michigan Milk

Lunch

Zoo Crew
Chicken Nuggets
WG Gold Fish
Mashed Potatoes
Great Grapes
Baby Carrots
Michigan Milk

Friday, August 23

Breakfast

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

Lunch

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

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>

Monday, August 26

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, August 27

Breakfast

WG Breakfast Round
Round Orange
100% Fruit Juice
Michigan Milk

Lunch

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

Wednesday, August 28

Breakfast

WG Breakfast Bread
Apple Slices
100% Fruit Juice
Michigan Milk

Lunch

Perfect WG Pizza
MI Tossed Romaine Salad
Grape Tomatoes
Fresh Fruit
Michigan Milk

Thursday, August 29

Breakfast

WG Muffin
MI Peach
100% Fruit Juice
Michigan Milk

1/2 Day Sack Lunch

Friday, Sept 30



Every complete meal we serve comes with your choice of lowfat or nonfat milk!



Tuesday, Sep 3

Breakfast

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

Lunch

Chicken Drumstick
WG Gold Fish Crackers
Mashed Potatoes
Vegetable Medley
Mixed Fruit
Michigan Milk

Wednesday, Sept 4

Breakfast

WG Cereal Bar
Michigan Apple
100% Fruit Juice
Michigan Milk

Lunch

Cheeseburger
WG Bun
Seasoned Potatoes
Baby Carrots
MI Berry Cup
Michigan Milk

Thursday, Sept 5

"National Waffle Week!"

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, Sept 6

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

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



Monday, Sept 9

Breakfast
 WG Breakfast Bar
 Raisins
 100% Fruit Juice
 Michigan Milk

Lunch
Breakfast for Lunch
 WG Waffle
 Sausage links
 Hash Brown
 Patriot Fruit Slushie
 Michigan Milk

Tuesday, Sept 10

Breakfast
 WG Cinnamon Roll
 AppleSauce
 100% Fruit Juice
 Michigan Milk

Lunch
 WG Zoo Crew Chicken
 Nuggets
 WG Gold Fish Crackers
 Mashed Potatoes
 Baby Carrots
 Sliced Peaches
 Michigan Milk

Wed., Sept 11

Breakfast
 WG Banana Bread
 MI Fresh Apple
 100% Fruit Juice
 Michigan Milk

Lunch
 WG Bosco Sticks
 Broccoli
 MI Cucumber Coins
 Watermelon Cup
 Michigan Milk

Thursday, Sept 12

Breakfast
 WG Breakfast Bun
 Round Orange
 100% Fruit Juice
 Michigan Milk

Lunch
 WG Chicken Fingers
 WG Gold Fish Crackers
 Peas & Carrots
 Pineapple Bites
 Michigan Milk

Friday, Sept 13

Breakfast
 WG Muffin Top
 MI Peach
 100% Fruit Juice
 Michigan Milk

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

Monday, Sept 16

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

Lunch
 WG Chicken Fingers
 WG Gold Fish Crackers
 Mashed Potatoes
 Fresh MI Veg Cup
 Orange Wedges
 Michigan Milk

Tuesday, Sept 17

Breakfast
 WG Breakfast Round
 Fruit Cup
 100% Fruit Juice
 Michigan Milk

Lunch
 Walking Taco's
 Shredded Lettuce
 MI Diced Tomatoes
 Shredded Cheese
 Mixed Fruit
 Michigan Milk

Wed., Sept 18

Breakfast
 WG Breakfast Bar
 Raisins
 100% Fruit Juice
 Michigan Milk

**National
 Cheeseburger Day!**

Lunch
 Cheeseburger on a WG Bun
 Potato Tots
 MI Grape Tomatoes
 Fresh Apple
 Michigan Milk

Thursday, Sept 19

Breakfast
 WG Benefit Bar
 Fresh Banana
 100% Fruit Juice
 Michigan Milk

Lunch
 Mac & Cheese
 WG Fresh Roll
 MI Spinach Salad
 MI Sliced Cucumbers
 Perfect MI Peaches
 Michigan Milk

Friday, Sept 20

Breakfast
 WG Fruity PopTart
 Fresh Fruit
 100% Fruit Juice
 Michigan Milk

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

Monday, Sept 23

Breakfast
 WG Breakfast Bun
 Fruit Cup
 100% Fruit Juice
 Michigan Milk

Lunch
 WG Zoo Crew
 Chicken Nuggets
 WG Gold Fish Crackers
 Mashed Potatoes
 MI Great Grapes
 Baby Carrots
 Michigan Milk

Tuesday, Sept 24

Breakfast
 WG Benefit Bar
 Michigan Apple
 100% Fruit Juice
 Michigan Milk

Lunch
 WG Walking Taco
 Shredded Lettuce
 Diced Tomatoes
 Shredded Cheese
 Orange Wedges
 Michigan Milk

Wed., Sept 25

**"World School Milk
 Day!"**

Breakfast
 WG Waffle
 Raisins
 100% Fruit Juice
 Michigan Milk

Lunch
 WG Bosco Sticks
 Broccoli
 MI Cucumber Coins
 Watermelon Cup

Thursday, Sept 26

Breakfast
 WG Banana Bread
 MI Peach
 100% Fruit Juice
 Michigan Milk

"Lucky Tray Day!"

Lunch
 WG Chicken Patty
 WG Bun
 Green Beans
 MI Celery Cuts
 Mixed Fruit
 Michigan Milk

Friday, Sept 27

Breakfast
 WG Benefit Bar
 AppleSauce
 100% Fruit Juice
 Michigan Milk

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



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

