



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


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>

FRUIT
Pear



The skin of a pear contains half of the fruit's fiber and at least three or four times as much of key nutrients like phenols, flavonoids, and cinnamic acid. You don't have to know what these things are -- just know that they're in pears and they're really good for you!

OF THE MONTH

Monday, February 3

Breakfast
WG Cinnamon Roll
Raisins
Michigan Milk

Lunch
PopCorn Chicken
WG Zee Zee Crackers
Broccoli
MI Berry Cup
Michigan Milk

Tuesday, February 4

Breakfast
WG Breakfast Round
100% Fruit Juice
Michigan Milk

Lunch
WG Soft Taco
MI Sweet Corn
MI Fresh Apple
Michigan Milk

Wednesday, February 5

Breakfast
WG Breakfast Bread
Diced Pears
Michigan Milk

Lunch
Meatloaf
Mashed Potatoes
Mixed Fruit
Michigan Milk

Thursday, February 6

Breakfast
WG Muffin Flat
MI Fresh Fruit
Michigan Milk

Lunch
WG Mac & Cheese
Fresh Mixed Vegetable
Diced Peaches
Michigan Milk

Friday, February 7

Breakfast
WG Benefit Bar
MI Fresh Apple
Michigan Milk

Lunch
Perfect WG Pizza
MI Strawberries
MI Celery
Michigan Milk

MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

Monday, February 10

Breakfast
WG Breakfast Bun
Fruit Cup
Michigan Milk

Lunch
WG Zoo Crew
Chicken Nuggets
WG Zee Zee Crackers
Mixed Vegetables
Baby Carrots
Michigan Milk

Tuesday, February 11

Breakfast
WG Banana Bread
Michigan Apple
Michigan Milk

Lunch
WG Soft Taco
Shredded Lettuce
Shredded Cheese
Orange Wedges
Michigan Milk

Wednesday, February 12

Breakfast
WG Cereal Bar
Fresh Banana
Michigan Milk

Lunch
Cheeseburger
WG Bun
Seasoned Potatoes
MI Berry Cup
Michigan Milk

Thursday, February 13

Breakfast
WG Waffle
Raisins
Michigan Milk

Lunch
WG Red Rotini
WG Garlic Bread
Red Pepper Strips
Valentines Fruit Cup
Michigan Milk

Friday, February 14

Happy Valentines Day!

Breakfast
WG Muffin Flat
Fresh Fruit
Michigan Milk

Sack Lunch



HAPPY VALENTINE'S DAY!
FEBRUARY 14

Every complete meal we serve comes with your choice of milk



Monday, February 17

Presidents' Day



No School Today

Tuesday, February 18

Breakfast

WG Breakfast Bar
Raisins
Michigan Milk

Lunch

Breakfast for Lunch
WG Waffle
Sausage link
Hash Brown
Strawberry Cup
Michigan Milk

Wednesday, February 19

Breakfast

WG Banana Bread
100% Fruit Juice
Michigan Milk

Lunch

WG Bosco Sticks
Broccoli
Peach Cup
Michigan Milk

Thursday, February 20

National Muffin Day!

Breakfast

WG Muffin Flat
Round Orange
Michigan Milk

Lunch

WG Chicken Fingers
WG ZeeZee Crackers
Peas & Carrots
Pineapple Bites
Michigan Milk

Friday, February 21

Breakfast

WG Breakfast Bun
MI Fruit Cup
Michigan Milk

Lunch

Perfect WG Pizza
Fresh Veg Cup
Strawberries
Michigan Milk

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

A QUICK BITE FOR PARENTS

Monday, February 24

Breakfast

WG Muffin
MI Fresh Apple
Michigan Milk

Lunch

WG Chicken Drumies
WG ZeeZee Crackers
Mashed Potatoes
Baby Carrots
Orange Wedges
Michigan Milk

Tuesday, February 25

Breakfast

WG Breakfast Round
Fruit Cup
Michigan Milk

Lunch

WG Soft Taco's
Shredded Lettuce
Shredded Cheese
Mixed Fruit
Michigan Milk

Wednesday, February 26

Breakfast

WG Breakfast Bar
Raisins
Michigan Milk

Lunch

Cheeseburger on a WG Bun
Potato Tots
Fresh Apple
Michigan Milk

Thursday, February 27

Breakfast

WG Strawberry PopTart
Fresh Banana
Michigan Milk

National Strawberry Day!

Lunch

WG Mini Corn Dog
Broccoli
Strawberry Cup
Michigan Milk

Friday, February 28

Breakfast

WG Benefit Bar
100% Fruit Juice
Michigan Milk

Lunch

Perfect WG Pizza
Tossed MI Romaine Salad
Fruit Cup
Michigan Milk

BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



If you usually drink a soda after school, try a delicious cup of hot cocoa instead. Hot cocoa contains lots of "antioxidants," which help fight disease. The healthiest way to make hot cocoa is to use pure cocoa powder (not a packaged mix) with nonfat milk and a little sugar or artificial sweetener for fewer calories. YUMMY!