

Owosso Public Schools

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

MENUS FOR JANUARY 2025

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>

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

Pro Football playoffs start Saturday, January 11. What team will wear the crown on Super Bowl Sunday?



Monday, January 6

Breakfast

WG Benefit Bar
Round Orange
100% Fruit Juice
Michigan Milk

Lunch

WG Chicken Shapes
WG Zee Zee Crackers
Sweet Corn
Vegetable Medley
Mixed Fruit
Michigan Milk

Tuesday, January 7

Breakfast

WG Breakfast Round
Fruit Cup
100% Fruit Juice
Michigan Milk

Lunch

Walking Tacos
Shredded Romaine Lettuce
Black Beans
MI Diced Tomatoes
Shredded Cheese
MI Fresh Pear
Michigan Milk

Wednesday, January 8

Breakfast

WG Breakfast Bread
Michigan Apple
100% Fruit Juice
Michigan Milk

Lunch

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

Thursday, January 9

Breakfast

WG Waffle
Raisins
100% Fruit Juice
Michigan Milk

Lunch

WG Rotini
WG Garlic Bread
Fresh Cut MI Cucumbers
MI Celery Sticks
Fruit Cup
Michigan Milk

Friday, January 10

Breakfast

WG Fruity PopTart
Fresh Fruit
100% Fruit Juice
Michigan Milk

Lunch

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

2025

The Chinese New Year begins with the new moon on January 29. 2025 is the Year of the Snake.



YEAR OF THE SNAKE

Monday, January 13

Breakfast

WG Breakfast Bar
Raisins
100% Fruit Juice
Michigan Milk

Lunch

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

Tuesday, January 14

Breakfast

WG Cinnamon Roll
AppleSauce
100% Fruit Juice
Michigan Milk

Lunch

WG Zoo Crew Chicken
Nuggets
WG Gold Fish Crackers
Grape Tomatoes
Carrot Coins
Fresh Pear
Michigan Milk

Wednesday, January 15

Breakfast

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

Lunch

WG Bosco Sticks
Green beans
Sweet Corn
MI Fresh Apple
Michigan Milk

Thursday, January 16

Breakfast

WG Muffin Flat
Round Orange
100% Fruit Juice
Michigan Milk

"Lucky Tray Day!"

Lunch

WG Macaroni & Cheese
WG Zee Zee Crackers
Garbanzo Beans
Celery Sticks
Pineapple Bites
Michigan Milk

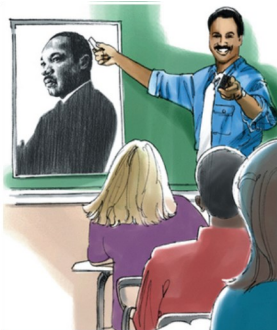
Friday, January 17

Breakfast

WG Pop Tart
MI Pear
100% Fruit Juice
Michigan Milk

Lunch

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



School will be closed Monday, January 20 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 21

Breakfast

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

Lunch

WG Chicken Drumies
WG Zee Zee Crackers
Yellow Corn
Fresh MI Veg Cup
Orange Wedges
Michigan Milk

Wednesday, January 22

Breakfast

WG Breakfast Bread
Raisins
100% Fruit Juice
Michigan Milk

Lunch

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

Thursday, January 23

Breakfast

WG Benefit Bar
Fresh Banana
100% Fruit Juice
Michigan Milk

Lunch

WG Mini Corn Dogs
MI Spinach Salad
MI Sliced Cucumbers
Diced Peaches
Michigan Milk

Friday, January 24

Breakfast

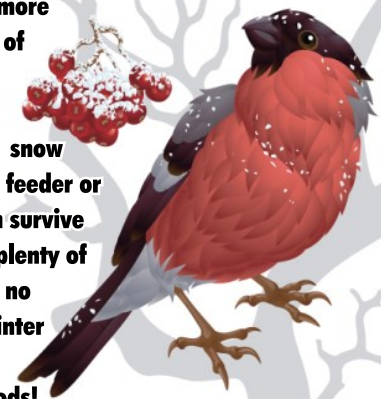
WG Fruity PopTart
Fresh Fruit
100% Fruit Juice
Michigan Milk

Lunch

Perfect WG Pizza
Tossed MI Romaine Salad
Fresh Veg Cup
Clementine's
Michigan Milk

ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



Monday, January 27

Breakfast

WG Breakfast Bun
Raisins
100% Fruit Juice
Michigan Milk

Lunch

WG Chicken Shapes
WG Zee Zee Crackers
Baby Carrots
Yellow Corn
MI Great Grapes
Michigan Milk

Tuesday, January 28

Breakfast

WG Benefit Bar
Michigan Apple
100% Fruit Juice
Michigan Milk

Lunch

WG Soft Taco
Shredded Lettuce
Diced Tomatoes
Shredded Cheese
Orange Wedges
Michigan Milk

Wednesday, January 29

Breakfast

WG Breakfast Bread
Clementine
100% Fruit Juice
Michigan Milk

Lunch

WG Bosco Sticks
Broccoli
MI Cucumber Coins
MI Mixed Berries Cup
Michigan Milk

Thursday, January 30

Breakfast

WG French Toast Bar
Fresh Pear
100% Fruit Juice
Michigan Milk

"Lucky Tray Day!"

Lunch

WG Rotini
WG Garlic Bread
Mixed Fresh Vegetables
Green Beans
Strawberry Cup
Michigan Milk

Friday, January 31

Breakfast

WG Waffle
AppleSauce
100% Fruit Juice
Michigan Milk

Lunch

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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

OWOSSO PUBLIC SCHOOLS NUTRITION SERVICES

SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

Word of the Month

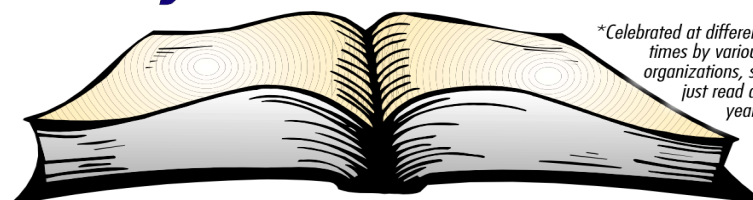
judge·ment

n. 1. the ability to assess situations and draw sound conclusions 2. good sense 3. an opinion formed after careful consideration

Hey, You! Put that book down!

The American Academy of Pediatrics recommends that kids get up and do something else for 10 minutes every hour when they're reading to avoid eye, neck, and brain fatigue!

January is National Book Month*



*Celebrated at different times by various organizations, so just read all year!