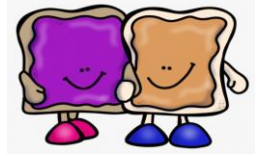


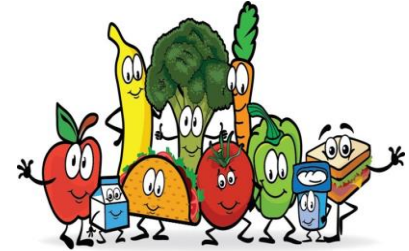
OWOSSO PUBLIC SCHOOLS HEADSTART LUNCH MENU 2022-2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH MENU #1				
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
LUNCH MENU #2				
Cheese Burger On a Bun Seasoned Potatoes Diced Peaches Michigan Milk	Hot Calzone Steamed Carrots Applesauce Michigan Milk	Chicken Drumstick Fresh Broccoli Watermelon Chunks Michigan Milk	Walking Taco Refried Beans Fresh Apple Slices Michigan Milk	French Bread Pizza Romaine Salad Sliced Pears Michigan Milk
LUNCH MENU #3				
<i>Breakfast for Lunch</i> French Toast Sausage Patty Hash browns Sliced Apples Michigan Milk	Grilled Garlic Chicken 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
LUNCH MENU #4				
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
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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		

BREAKFAST

OWOSSO PUBLIC SCHOOLS UNIVERSAL BREAKFAST MENU 2022-2023

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

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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

*Owosso Public Schools
Food & Nutrition Services*



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