

Owosso Public
Schools

Bentley Bright
Beginnings

Menus for OCTOBER 2024

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

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

**Farm
to
School**



**October
is
Breast
Cancer
Awareness
Month**



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](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

Monday, September 30

Breakfast

Mini Pancakes
100% Fruit Juice
Michigan Milk

Lunch

PopCorn Chicken
Broccoli
MI Berry Cup
Michigan Milk

Tuesday, October 1

Breakfast

WG Breakfast Round
Round Orange
Michigan Milk

Lunch

WG Walking Taco
MI Sweet Corn
MI Fresh Apple
Michigan Milk

Wednesday, October 2

Breakfast

WG Benefit Bar
Peach Cup
Michigan Milk

Lunch

WG Bosco Sticks
Mi Fresh Vegetable
AppleSauce Cup
Michigan Milk

Thursday, October 3

Breakfast

WG Banana Bread
100% Fruit Juice
Michigan Milk

Lunch

WG Chicken Drumies
Farm Fresh Squash
Peach Slices
Michigan Milk

Friday, October 4

National Cinnamon Roll

Day!

Breakfast

WG Cinnamon Roll
MI Fresh Apple
Michigan Milk

Lunch

Perfect WG Pizza
MI Strawberries
MI Celery
Michigan Milk

Monday, October 7

Breakfast

WG Benefit Bar
MI Peach Cup
Michigan Milk

Lunch

WG Chicken Shapes
WG Gold Fish Crackers
Vegetable Medley
Mixed Fruit
Michigan Milk

Tuesday, October 8

Breakfast

WG Breakfast Round
100% Fruit Juice
Michigan Milk

Lunch

Walking Taco's
Shredded Romaine Lettuce
Black Beans
Shredded Cheese
Mi Fresh Apple Slices
Michigan Milk

Wednesday, October 9

Breakfast

WG Breakfast Bread
Michigan Apple
Michigan Milk

Lunch

Cheeseburger
WG Bun
Seasoned Potatoes
MI Berry Cup
Michigan Milk

Thursday, October 10

Breakfast

WG Waffle
100% Fruit Juice
Michigan Milk

Lunch

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

Friday, October 11

Breakfast

WG Fruity PopTart
Fresh Fruit
Michigan Milk

Lunch

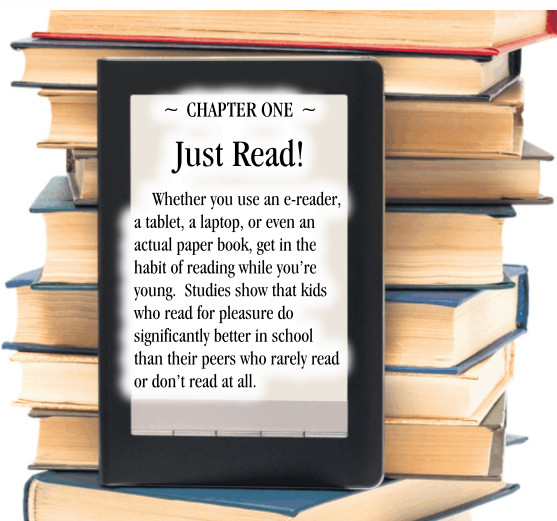
Perfect WG Pizza
MI Tossed
Romaine Salad
Strawberries
Michigan Milk





NUTRITION TO GO


Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff. And always use a microwave-safe container!

A QUICK BITE FOR PARENTS



Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
Breakfast Bail Out Breakfast Bar 100% Fruit Juice Michigan Milk	Breakfast Golden Cinnamon Coins Ahoy AppleSauce Michigan Milk	Breakfast Matte Muffin Top Fresh Fleet Fruit Michigan Milk	Michigan Apple Crunch Day!   1/2 Day	No School
Lunch <i>Breakfast for Lunch</i> Walk the Plank Waffle Ship Wreck Sausage links Heckled Hash Brown Fair Winds Fruit Slushie Michigan Milk	Lunch Captain's Crew Chicken Nuggets WG Gold Fish Crackers Pirate Potatoes Overboard Oranges Michigan Milk	Lunch Perfect Pirate Pizza Toss me Over Romaine Salad Sailing Strawberries Michigan Milk		
KIDS! Please join us to celebrate National School Lunch Week, October 14-18!				

Monday, October 21	Tuesday, October 22	Wednesday, October 23	Thursday, October 24	Friday, October 25
Breakfast WG Muffin MI Fresh Apple Michigan Milk	Breakfast WG Breakfast Round Fruit Cup Michigan Milk	Breakfast WG Breakfast Bar 100% Fruit Juice Michigan Milk	Breakfast WG Benefit Bar Fresh Banana Michigan Milk	Breakfast WG Fruity PopTart Fresh Fruit Michigan Milk
Lunch WG Chicken Drumies WG Gold Fish Crackers Mi Squash Sticks Orange Wedges Michigan Milk	Lunch WG Walking Taco's Shredded Lettuce MI Diced Tomatoes Shredded Cheese AppleSauce Michigan Milk	Lunch Cheeseburger on a WG Bun Potato Tots Fresh Apple Michigan Milk	Lunch WG Mac & Cheese WG Fresh Roll MI Sliced Cucumbers Perfect MI Peaches Michigan Milk	Lunch Perfect WG Pizza Tossed MI Romaine Salad Strawberries Michigan Milk

Monday, October 28	Tuesday, October 29	Wednesday, October 30	Thursday, October 31	Friday, November 1
Breakfast WG Breakfast Bun Fruit Cup Michigan Milk	Breakfast WG Benefit Bar Michigan Apple Michigan Milk	"National Pumpkin Bread Day!" Breakfast WG Pumpkin Bread 100% Fruit Juice Michigan Milk	YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!  STAY ALERT & BE SAFE!	Breakfast WG Benefit Bar AppleSauce Michigan Milk
Lunch WG Chicken Shapes WG Gold Fish Crackers Cucumber Slices Baby Carrots Michigan Milk	Lunch WG Walking Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Orange Wedges Michigan Milk	Lunch WG Booful Bosco Sticks Broccoli MI Mixed Berries Michigan Milk		Lunch Perfect WG Pizza MI Tossed Romaine Salad Strawberries Michigan Milk