

USDA 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

lov = 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

#### Thursday, August 21

#### **Breakfast**

WG Benefit Bar Raisins 100% Fruit Juice Michigan Milk

#### Lunch

WG Mini Corn Dogs **Baby Carrots Red Pepper Strips** Fruit Cup Michigan Milk

#### Friday, August 22

#### **Breakfast**

WG Banana Bread MI Fruit Cup 100% Fruit Juice Michigan Milk

#### Lunch

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

# We're SO GLAD to see you again! It's going to be a

GREAT YEAR!

#### Monday, August 25

#### **Breakfast**

WG Breakfast Bar Raisins 100% Fruit Juice Michigan Milk

#### Lunch

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

#### Tuesday, August 26

#### **Breakfast**

WG Cereal Bar Fresh Orange 100% Fruit Juice Michigan Milk

#### Lunch

Walking Taco Shredded Lettuce MI Diced Tomatoes Shredded Cheese Mixed Fruit Cup Michigan Milk

#### Wednesday, August 27

#### **Breakfast**

WG Breakfast Round Fresh Pear 100% Fruit Juice Michigan Milk "Lucky Tray Day!"

#### Lunch

WG Chicken Tenders Mixed Fresh Vegetables Green Beans Fresh Apple Michigan Milk

#### Thursday, August 28

#### **Breakfast**

WG Benefit Bar Apple Sauce 100% Fruit Juice Michigan Milk

#### Lunch Sack Lunch

Friday, August 29



**No School** 

## AVAILABLE DAILY

Fresh Fruit & Vegetable Bars **Whole Grain Crackers 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 I



#### Tuesday, September 2

#### **Breakfast**

WG Banana Bread Raisins 100% Fruit luice Michigan Milk

#### Lunch

WG Chicken Drumstick **Mashed Potatoes Baby Carrots** Orange Wedges Michigan Milk

#### Wednesday, September 3

#### **Breakfast**

WG Breakfast Round Fruit Cup 100% Fruit luice Michigan Milk

#### Lunch

WG Bosco Sticks Romaine Ribbons **Cucumber Coins** Black Beans Johnny Pop! Michigan Milk

#### Thursday, September 4

#### **Breakfast**

WG Breakfast Bar MI Fresh Apple 100% Fruit luice Michigan Milk

#### Lunch

Cheeseburger on a WG Bun Potato Tots **MI Grape Tomatoes** Fruit Cup Michigan Milk

#### Friday, September 5

#### **Breakfast**

WG Benefit Bar Fresh Fruit 100% Fruit luice Michigan Milk

#### Lunch

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

#### Monday, September 8

#### **Breakfast**

WG Breakfast Bun Raisins 100% Fruit Juice Michigan Milk

#### Lunch

WG Chicken Shapes
WG Zee Zee Crackers
Baby Carrots
Baked Beans
MI Great Grapes
Michigan Milk

### Tuesday, September 9 Breakfast

WG Benefit Bar Michigan Apple 100% Fruit Juice Michigan Milk

#### Lunch

WG Soft Taco Romaine Ribbons Tomatoes & Shredded Cheese Sweet Corn Orange Wedges Michigan Milk

#### Wednesday, September 10

#### **Breakfast**

WG Sweet Roll MI Fresh Apple 100% Fruit Juice Michigan Milk

#### Lunch

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

#### Thursday, September II

#### **Breakfast**

WG Strawberry PopTart Fresh Banana 100% Fruit Juice Michigan Milk

#### Lunch

WG Mini Corn Dog Broccoli MI Sliced Cucumbers Strawberry Cup Michigan Milk

#### Friday, September 12

#### **Breakfast**

WG Waffle AppleSauce 100% Fruit Juice Michigan Milk

#### Lunch

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

# WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.



A JOB IN YOUR CHILD'S SCHOOL CAFETERIA
ALLOWS YOU TO BE AT HOME WHEN
YOUR FAMILY NEEDS YOU THERE. CALL
TODAY FOR MORE INFORMATION!

989.723.8231

#### Monday, September 15

#### **Breakfast**

WG Cinnamon Roll Fruit Cup 100% Fruit Juice Michigan Milk

#### Lunch

WG Chicken Nuggets
WG Crackers
Grape Tomatoes
Baby Carrots
Great Grapes
Michigan Milk

#### Tuesday, September 16

#### Breakfast

WG BeneFit Bar Fresh Orange 100% Fruit Juice Michigan Milk

#### Lunch

WG Walking Taco Shredded Lettuce Diced Tomato Shredded Cheese Red Apple Michigan Milk

#### Wednesday, September 17

#### **Breakfast**

WG Banana Bread Fresh Pear 100% Fruit Juice Michigan Milk

#### Lunch

WG Macaroni & Cheese WG Crackers Fresh Cucumber Green Beans Summer Slush Michigan Milk

#### Thursday, September 18

#### **Breakfast**

WG Waffle Fresh Fruit 100% Fruit Juice Michigan Milk

#### Lunch

WG Chicken Tenders
WG Crackers
Green Peppers
Crinkle Fries
Diced Peaches
Michigan Milk

#### Friday, September 19

#### Breakfast

WG Pop Tart MI Fresh Apple 100% Fruit Juice Michigan Milk

#### <u>Lunch</u>

Perfect WG Pizza MI Romaine Salad MI Strawberries Mixed Fresh Vegetables Michigan Milk

#### Monday, September 22

#### Breakfast

WG Breakfast Round Fruit Cup 100% Fruit Juice Michigan Milk

#### Lunch

WG Popcorn Chicken WG Crackers Grape Tomatoes Baby Carrots Great Grapes Michigan Milk

#### **Tuesday, September 23**

#### Breakfast

WG Pancakes Fresh Fruit 100% Fruit Juice Michigan Milk

#### Lunch

WG Beef & Cheese Taco Refried Beans Sweet Corn Celery Sticks Michigan Milk

#### Wednesday, September 24

#### **Breakfast**

WG Banana Bread Red Apple Slices 100% Fruit Juice Michigan Milk

#### <u>Lunch</u>

WG Rotini WG Garlic Stick Fresh Cut Cucumber Spring Mix Salad Fruit Cup Michigan Milk

#### Thursday, September 25

#### **Breakfast**

WG Benefit Bar Banana 100% Fruit Juice Michigan Milk

#### <u>Lunch</u>

WG French Toast Sticks Sausage Hash brown Green Peppers Fruit Slushie Michigan Milk

#### Friday, September 26

#### **Breakfast**

WG Waffle AppleSauce 100% Fruit Juice Michigan Milk

#### <u>Lunch</u>

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

#### Monday, September 29

#### **Breakfast**

WG Breakfast Bread Craisins 100% Fruit Juice Michigan Milk

#### <u>Lunch</u>

WG Mini Corn Dogs Michigan Baked Beans Baby Carrots Peach Slices Michigan Milk

#### Tuesday, September 30

#### Breakfast WG Benefit Bar Pear Cup 100% Fruit Juice Michigan Milk

#### <u>Lunch</u>

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