ONEKAMA CONSOLIDATED SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|---|--|--|---|---|
| 2 MENU SUBJECT TO CHANGE | 3 Breakfast Pizza | 4 Egg in a Nest | 5 Scrambled Egg & Toast | 6 Cook's Choice | Breakfast 7:30-8:00 a.m. Price: Elem. \$1.30 |
| | Chicken Nuggets Steamed Green Beans Applesauce | WG Pizza Day Steamed Corn Peaches | Hamburger Gravy Mashed Potatoes Oranges | Walking Tacos Refried Beans Pears | MS/HS \$1.55 Fortified 1% Milk 100% fruit juice & |
| 9 Bagel with Cream Cheese | 10 French Toast & Sausage | 11 Ultimate Breakfast Rounds | 12 Egg Casserole | 13 Cook's Choice | cereal are offered everyday. |
| Mac & Cheese Tossed Greens Salad Mixed Fruit | Hot Dog on WG Bun Baked Beans Banana | Baked Potato Bar Steamed Broccoli Jello with Fruit | Chicken Patty on WG Bun Sweet Potato Tots Oranges | Chicken Stir Fry Over Rice Egg Rolls Peaches | Lunch Price: Elem. \$2.30 MS/HS \$2.55 Fortified 1% milk |
| 16 Bagel & Cream Cheese | 17 Waffles & Sausage | 18 Yogurt & Homemade Muffin | 19 Breakfast Burrito | 20 Cook's Choice | Fruit Vegetable PB & J |
| Lasagna Roll-up Bread Stick Steamed Broccoli Applesauce | Hamburger/Cheeseburger Sun Chips California Blend Banana | Turkey Gravy Mashed Potato Peaches | Breakfast for Lunch French Toast Ham Hash brown Orange | Hot Ham & Cheese on WG Bun Steamed Carrots Peaches/Pears | Full Salad Bar Soup All of the above will be available everyday. |
| 23 Bagel with Cream Cheese Fish Nuggets Steamed Corn Cherry Crisp | 24 Breakfast Pizza Portager Sub Baked Beans Banana | 25 Scrambled Egg & Toast Grilled Cheese Tomato Soup Mixed Fruit | 26 Cook's Choice Nachos & Cheese Refried Beans Oranges | 27 NO SCHOOL | NOTE: If your child qualifies for free/reduced pricing for lunch, he/she also qualifies for free/reduced pricing for breakfast. |
| 30 Bagel & Cream Cheese Goulash Tossed Greens Salad Bread Stick Peaches | | | | Local Chocolate ream Cup Dairy Milk will be offered to MS/HS students everyday Elementary on Thursday | Farm to School Greens out of our own hoop house for salad bar, local Apples, Potatoes, Hot Dogs, Cream Cup Dairy Milk used in soups & Breakfast entrees |

The Onekama Schools, located at 5016 Main Street., Onekama, MI will receive and use Federal Funds and USDA donated foods. No person because of race, color, national origin, sex, or handicap shall be excluded from participation in , be denied the benefits of, or be otherwise subjected to discrimination in our USDA donated food and child nutrition programs. Any person who believes they have been discriminated against should write immediately to the Secretary of Agriculture, Washington, D.C. 20250