



# May 2012

## ONEKAMA CONSOLIDATED SCHOOL



### News

**Breakfast 7:30-8:00 a.m.**  
**Price: Elem. \$4.30**  
**MS/HS \$1.55**

**Fortified 1% Milk**  
**100% fruit juice &**  
**cereal are offered**  
**everyday.**

**Lunch**  
**Price: Elem. \$2.30**  
**MS/HS \$2.55**

**Fortified 1% milk**  
**Fruit**  
**Vegetable**  
**PB & J**  
**Full Salad Bar**  
**Soup**  
**All of the above will be**  
**available everyday.**

**NOTE: If your child**  
**qualifies for free/reduced**  
**pricing for lunch, he/she**  
**also qualifies for**  
**free/reduced pricing for**  
**breakfast.**

### Farm to School

**Local Apples, local**  
**potatoes, Hot Dogs, Cream**  
**Cup Dairy Milk used in**  
**soups & Breakfast entrees**  
**Cream Cup Dairy Chocolate**  
**milk offered to Elem on**  
**Thursday MS/HS everyday**

**FARM FRESH EGGS**  
**ARE BACK**  
 Rex Dunlop - Park Hill Eggs  
 Benzoni's Milk  
 License # F-109755



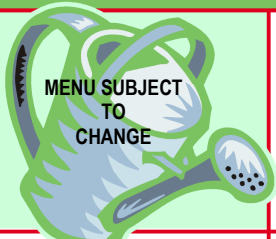
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



<p><b>7</b> Bagel &amp; Cream Cheese</p> <p>Elem - Mac &amp; Cheese          MS/HS Pork BBQ on WG Bun          Tossed Green Salad          Applesauce</p>	<p><b>1</b> French Toast &amp; Ham</p> <p>Chicken Nuggets          Steamed Corn          Banana</p>	<p><b>2</b> Ultimate Breakfast Round</p> <p>Hamburger/Cheeseburger          On WG Bun          Steamed Green Beans          Jello with Fruit</p>	<p><b>3</b> Scrambled Egg &amp; Toast</p> <p>Hot Dog on WG Bun          Baked Beans          Sun Chips          Orange</p>	<p><b>4</b> Cook's Choice</p> <p>Walking Taco          Refried Beans          Pear Sauce</p>
<p><b>14</b> Bagel &amp; Cream Cheese</p> <p>Nachos          Steamed Broccoli          Peaches</p>	<p><b>8</b> Breakfast Pizza</p> <p>Grilled Cheese &amp; Tomato Soup          Banana</p>	<p><b>9</b> Yogurt &amp; Homemade Muffin</p> <p>Breakfast for Lunch          Hash brown          Ham          Peaches</p>	<p><b>10</b> Biscuit with Sausage Gravy</p> <p>WG Pizza          Steamed Corn          Orange</p>	<p><b>11</b> Cook's Choice</p> <p>Spaghetti          Bread Stick          Tossed Green Salad          Mixed Fruit</p>
<p><b>21</b> Bagel &amp; Cream Cheese</p> <p>Lasagna Roll-up          Steamed Green Beans          Applesauce</p>	<p><b>15</b> Egg in a Nest</p> <p>Taco/Taco Salad          Refried Beans          Banana</p>	<p><b>16</b> Fruit Parfait</p> <p>Turkey Gravy over          Mashed Potatoes</p>	<p><b>17</b> Scrambled Egg &amp; Toast</p> <p>Chicken Patty on WG Bun          Sweet Potato Tots          Orange</p>	<p><b>18</b> Cook's Choice</p> <p>Fish Nuggets          Steamed Corn          Applesauce</p>
<p><b>28</b> NO SCHOOL MEMORIAL DAY</p>	<p><b>22</b> Breakfast Pizza</p> <p>Hot Ham &amp; Cheese on WG Bun          Steamed Broccoli          Banana</p>	<p><b>23</b> Ultimate Breakfast Round</p> <p>WG Pizza          Steamed Corn          Peaches</p>	<p><b>24</b> Scrambled Egg &amp; Toast</p> <p>Portager Sub on WG Bun          Steamed California Blend          Orange</p>	<p><b>25</b> Cook's Choice</p> <p>Foot Long Hot Dog on WG Bun          Baked Beans          Sun chips          Pear Sauce</p>
<p><b>29</b> Cook's Choice</p>	<p><b>30</b> Cook's Choice</p> <p>Cook's choice</p>	<p><b>31</b> Cook's Choice</p> <p>Cook's Choice</p>	<p><b>31</b> Cook's Choice</p> <p>Cook's Choice</p>	<p><b>FARM FRESH EGGS</b>  <b>ARE BACK</b>          Rex Dunlop - Park Hill Eggs          Benzoni's Milk          License # F-109755</p>