

May 2013

Onekama Middle/High School Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Breakfast 7:30-8:00 A.M. Price: MS/HS \$1.60 Adults \$1.80 Reduced \$0.30 Available Daily: 100% fruit juice, fortified 1% white milk, skim chocolate milk, cereal, and whole wheat toast.</p>	<p>Lunch Price: MS/HS: \$2.60 Adult \$3.79 Reduced \$0.40 Available Daily: Fortified 1% white milk, skim chocolate milk, vegetable bar.</p>	<p>1 Ultimate Breakfast Round Chicken Patty (Reg or Spicy) Steamed Green Beans Fresh Veggies Oranges Apple</p>	<p>2 Scrambled Eggs Portager Sub Baked Beans Fresh Veggies Grapes Peaches</p>	<p>3 Cereal & Toast WG Pizza Steamed Carrots Fresh Veggies Applesauce Pears</p>
<p>6 Bagel & Cream Cheese Nachos w/ cheese & meat Salsa & lettuce Refried Beans Pears Applesauce</p>	<p>7 Yogurt WG Lasagna Roll Up Breadstick Peas Fresh Veggies Banana Oranges</p>	<p>8 Waffles Sloppy Joe Squash Fresh Veggies Mixed Fruit Banana</p>	<p>9 Breakfast Pizza Hot Dog on WG Bun Sun Chips Cucumbers and Celery Sticks Applesauce Pears</p>	<p>10 Cereal & Toast WG Pizza Romaine salad w/ fresh veggies Peaches Apple</p>
<p>13 Bagel & Cream Cheese Chicken Nuggets Steamed Carrots Fresh Veggies Pineapple Apple WG Cookie (HS)</p>	<p>14 Pancakes Goulash WG Breadstick Romaine Salad w/ fresh veggies Oranges Pears</p>	<p>15 Ultimate Breakfast Round Cheeseburger or Hamburger Baked Beans Fresh Veggies Applesauce Peaches</p>	<p>16 Parfait w/ blueberries French Toast Hashbrowns Sausage Patty Fresh Veggies Banana Apple</p>	<p>17 Cereal & Toast WG Pizza Steamed Green Beans Fresh Veggies Apple Banana</p>
<p>20 Bagel & Cream Cheese Tacos Doritos Salsa & Lettuce Refried Beans Applesauce Peaches</p>	<p>21 French Toast Portager Sub Broccoli Pears Oranges</p>	<p>22 Yogurt Chicken Patty (Reg or Spicy) Carrots Fresh Veggies Peaches Pears</p>	<p>23 Breakfast Pizza WG Pizza Corn Fresh Veggies Grapes Applesauce</p>	<p>24 Cereal & Toast Cook's Choice</p>
<p>27 No School</p>	<p>28 Cook's Choice Cook's Choice</p>	<p>29 Cook's Choice Cook's Choice</p>	<p>30 Cook's Choice Cook's Choice</p>	<p>31 Cook's Choice Cook's Choice</p>

News

Alternate Choice:

Mon, Wed, Fri: PB & Jelly sandwich w/ cheese stick
 Tues & Thurs: Turkey Wrap w/ Soup

Farm to School

Hot Dogs from Rice Farms, Cream Cup Dairy Chocolate Milk on Thursdays, soups made with Cream Cup Dairy Milk

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