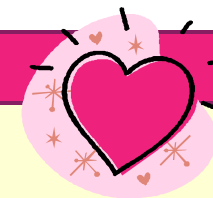


2011 February

ONEKAMA CONSOLIDATED SCHOOL



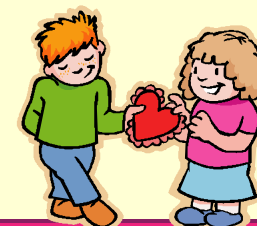
News

Breakfast
Fortified Milk & 100% fruit juice (apple/grape/orange) & cereal are offered everyday.

Lunch
Fortified milk
fruit
Vegetable
PB & J
Full Salad Bar
Soup
All of the above will be available everyday.

Farm to School

Randy Rice Meat, Local Apples, Potatoes, Honey



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MENU SUBJECT TO CHANGE	1 Scrambled Egg & Toast Chicken Fajita Spanish rice Refried Beans	2 French Toast Hot dogs (Randy Rice) Sun chips Pickles	3 Breakfast Burrito Meatloaf (Randy Rice Beef) Roasted Potatoes Apple Cobbler Cheesy Cauliflower Soup (Miller Cauliflower)	4 Cook's Choice Pizza
7 Bagel & Cream Cheese Nachos or Taco Salad	8 Scrambled Egg & Toast Turkey and gravy over Mashed Potatoes	9 Waffles Grilled Cheese Sandwich Tomato Soup	10 Breakfast Burrito It's Chili Day (Vegetable, Chicken or Beef)	11 Cook's Choice Breakfast for Lunch French Toast Sausage Hash brown
14 Bagel & Cream Cheese Chicken Nuggets Free Slushies	15 Scrambled Egg & Toast Pork BBQ on WG bun Sweet Potato Fries	16 Oatmeal or French toast Spaghetti	17 Breakfast burrito Regular Burger or Cheeseburger on WG Bun	18 NO SCHOOL
21 NO SCHOOL	22 Scrambled Egg & Toast Hamburger Gravy over Mashed potatoes	23 Yogurt & Homemade Muffin Grilled Ham & Cheese On WG Bun	24 Breakfast Casserole (Egg, Ham & Cheese) Shepherd Pie	25 Cook's Choice Chicken Patty (Regular or Spicy) On WG Bun
28 Bagel & Cream Cheese Lasagna Roll-up				