



April 2012

ONEKAMA CONSOLIDATED SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 MENU SUBJECT TO CHANGE	3 Breakfast Pizza Chicken Nuggets Steamed Green Beans Applesauce	4 Egg in a Nest WG Pizza Day Steamed Corn Peaches	5 Scrambled Egg & Toast Hamburger Gravy Mashed Potatoes Oranges	6 Cook's Choice Walking Tacos Refried Beans Pears
9 Bagel with Cream Cheese Mac & Cheese Tossed Greens Salad Mixed Fruit	10 French Toast & Sausage Hot Dog on WG Bun Baked Beans Banana	11 Ultimate Breakfast Rounds Baked Potato Bar Steamed Broccoli Jello with Fruit	12 Egg Casserole Chicken Patty on WG Bun Sweet Potato Tots Oranges	13 Cook's Choice Chicken Stir Fry Over Rice Egg Rolls Peaches
16 Bagel & Cream Cheese Lasagna Roll-up Bread Stick Steamed Broccoli Applesauce	17 Waffles & Sausage Hamburger/Cheeseburger Sun Chips California Blend Banana	18 Yogurt & Homemade Muffin Turkey Gravy Mashed Potato Peaches	19 Breakfast Burrito Breakfast for Lunch French Toast Ham Hash brown Orange	20 Cook's Choice Hot Ham & Cheese on WG Bun Steamed Carrots Peaches/Pears
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
30 Bagel & Cream Cheese Goulash Tossed Greens Salad Bread Stick Peaches				Local Chocolate Cream Cup Dairy Milk will be offered to MS/HS students everyday Elementary on Thursday



NEWS

Breakfast 7:30-8:00 a.m.
Price: Elem. \$1.30
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

Greens out of our own hoop house for salad bar, local Apples, Potatoes, Hot Dogs, Cream Cup Dairy Milk used in soups & Breakfast entrees