



# May 2013

## Onekama Elementary Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>Breakfast 7:30-8:00 A.M.</b>          Price: Elem &amp; ISD \$1.35          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><b>Lunch</b>          Price: Elem &amp; ISD: \$2.35          Adult \$3.79          Reduced \$0.40          Available Daily:          Fortified 1% white milk, skim chocolate milk, vegetable bar.</p>	<p><b>1 Ultimate Breakfast Round</b>           Chicken Patty (Reg or Spicy)          Steamed Green Beans          Fresh Veggies          Oranges</p>	<p><b>2 Scrambled Eggs</b>           Portager Sub          Baked Beans          Fresh Veggies          Grapes</p>	<p><b>3 Cereal &amp; Toast</b>           WG Pizza          Steamed Carrots          Fresh Veggies          Applesauce</p>
<p><b>6 Bagel &amp; Cream Cheese</b>           Nachos w/ cheese &amp; meat          Salsa &amp; lettuce          Refried Beans          Pears</p>	<p><b>7 Yogurt</b>           WG Lasagna Roll Up          Breadstick          Peas          Fresh Veggies          Banana</p>	<p><b>8 Waffles</b>           Sloppy Joe          Squash          Fresh Veggies          Mixed Fruit</p>	<p><b>9 Breakfast Pizza</b>           Hot Dog on WG Bun          Sun Chips          Cucumbers and Celery Sticks          Applesauce</p>	<p><b>10 Cereal &amp; Toast</b>           WG Pizza          Romaine salad w/ fresh veggies          Peaches</p>
<p><b>13 Bagel &amp; Cream Cheese</b>           Chicken Nuggets          Steamed Carrots          Fresh Veggies          Pineapple</p>	<p><b>14 Pancakes</b>           Goulash          WG Breadstick          Romaine Salad w/ fresh veggies          Oranges</p>	<p><b>15 Ultimate Breakfast Round</b>           Cheeseburger or Hamburger          Baked Beans          Fresh Veggies          Applesauce</p>	<p><b>16 Parfait w/ blueberries</b>           French Toast          Hashbrowns          Sausage Patty          Fresh Veggies          Banana</p>	<p><b>17 Cereal &amp; Toast</b>           WG Pizza          Steamed Green Beans          Fresh Veggies          Apple</p>
<p><b>20 Bagel &amp; Cream Cheese</b>           Tacos          Salsa &amp; Lettuce          Refried Beans          Applesauce</p>	<p><b>21 French Toast</b>           Portager Sub          Broccoli          Pears</p>	<p><b>22 Yogurt</b>           Chicken Patty          Carrots          Fresh Veggies          Peaches</p>	<p><b>23 Breakfast Pizza</b>           WG Pizza          Corn          Fresh Veggies          Grapes</p>	<p><b>24 Cereal &amp; Toast</b>   <b>Cook's Choice</b></p>
<p><b>27</b>           No School</p>	<p><b>28</b> Cook's Choice           Cook's Choice</p>	<p><b>29</b> Cook's Choice           Cook's Choice</p>	<p><b>30</b> Cook's Choice           Cook's Choice</p>	<p><b>31</b> Cook's Choice           Cook's Choice</p>

### News

#### Alternate Choice:

Mon, Wed, Fri: PB & Jelly sandwich w/ ½ 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

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

