

LEAPS & BOUNDS MENU

October 2013



Monday



Breakfast: Bagel w/Jelly, Cheese Stick **7**

Lunch: Walking Taco, Salsa & Lettuce, Corn, Applesauce

Snack: Trix Cereal Bar and Milk

Breakfast: Waffles **14**

Lunch: Chicken Nuggets, Brown Rice w/Sweet and Sour Sauce, Green Beans, Pineapple

Snack: Cheddar Chex Mix and Juice

Breakfast: Pancake Sausage Wrap **21**

Lunch: Tacos, Salsa & Lettuce, Refried Beans, Mixed Fruit

Snack: Trix Cereal Bar and Milk

Breakfast: Apple Cinnamon Texas Toast **28**

Lunch: Spaghetti, Breadstick, Romaine Salad w/Fresh Veggies, Pears

Snack: Cheezit Crackers and Milk

Tuesday

Breakfast: Yogurt & Golden Grahams **1**

Lunch: Chicken Nuggets, Sweet Potato Tots, Applesauce

Snack: Scooby Cinnamon Graham Crackers and Juice

Breakfast: Scrambled Eggs & Toast **8**

Lunch: Hot Dog, WG Bun, Baked Beans, Fresh Banana

Snack: Cheddar Chex Mix and Juice

Breakfast: Sunberry Breakfast Rounds **15**

Lunch: Portager Sub, Baked Beans, Peaches

Snack: Scooby Cinnamon Graham Crackers and Milk

Breakfast: French Toast **22**

Lunch: Chicken Philly Sub, Steamed Carrots, Banana

Snack: Cheddar Chex Mix and Juice

Breakfast: Yogurt & Golden Grahams **29**

Lunch: Chicken Nuggets, Sweet Potato Tots, Applesauce

Snack: Scooby Cinnamon Graham Crackers and Juice

Wednesday

Breakfast: Egg/Bacon Breakfast Pizza **2**

Lunch: Hamburger, WG Bun, Baked Beans, Peaches

Snack: Applesauce Cup and Muffin

Breakfast: Blueberry Breakfast Round **9**

Lunch: Goulash, WG Sliced Bread/Butter, Steamed Broccoli, Orange Wedges

Snack: Gogurt and Scooby Cinnamon Graham Crackers

Breakfast: Strawberry Pancakes **16**

Lunch: Big Daddy's Pepperoni Pizza, Steamed Broccoli, Pears

Snack: Cheese Stick and Fresh Apple

Breakfast: Gogurt and Cereal Cherry Vertical Bars **23**

Lunch: Pepperoni Calzones, Steamed Broccoli, Peaches

Snack: Gogurt and Scooby Cinnamon Graham Crackers

Breakfast: Egg/Bacon Breakfast Pizza **30**

Lunch: Hamburger, WG Bun, Baked Beans, Peaches

Snack: Applesauce Cup and Muffin

Thursday

Breakfast: Gogurt with Cinnamon Tasties **3**

Lunch: Nachos & Chips, Salsa, Refried Beans, Oranges

Snack: Cheezit Crackers and Milk

Breakfast: Breakfast Sausage Pizza **10**

Lunch: Chicken Patty, WG Bun, Green Beans, Grapes

Snack: Golden Grahams and Milk

Breakfast: Apple Jammers **17**

Lunch: Popcorn Chicken, BBQ Sauce, Sweet Potato Fries, Mixed Fruit

Snack: Trix Cereal Bar and Milk

Breakfast: Sunny Egg Burrito **24**

Lunch: Hot Dog, WG Bun, French Fries, Applesauce

Snack: Cheese Stick and Banana

Breakfast: Gogurt with Cinnamon Tasties **31**

Lunch: Nachos & Chips, Salsa, Refried Beans, Oranges

Snack: Chex Mix and Milk

Friday

Breakfast: Cereal & Toast **4**

Lunch: French Toast, Hashbrowns, Sausage Patty, Banana

Snack: Gogurt and Graham Crackers

Breakfast: Breakfast Jammers **11**

Lunch: Cheese Pizza, Mixed Greens Salad/Dressing, Diced Pears

Snack: Applesauce Cup and Muffin

Breakfast: Cereal & Toast **18**

Lunch: Toasted Cheese Sandwich, Tomato Soup, Green Beans, Banana

Snack: Cheezit Crackers and Milk

Breakfast: Breakfast Jammers **25**

Lunch: Macaroni & Cheese, WG Bread/Butter, Green Beans, Pears

Snack: Scooby Cinnamon Graham Crackers and Milk

Did you know?
October is Farm to School Month!
Onekama celebrates by serving farm fresh produce from Lutz Farm and Bare Root Farm

Meal Information

No fat or low fat milk available every day
Condiments may include ketchup, mustard, mayonaise, R/F salad dressings, bbq sauce
No breakfast on days school is delayed.
Food Service reserves the right to change the menu without notice.
Questions? Contact J. Momber, FS Director, 231.649.5319 or D. Fink, Head Cook, 889-4251,x109

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