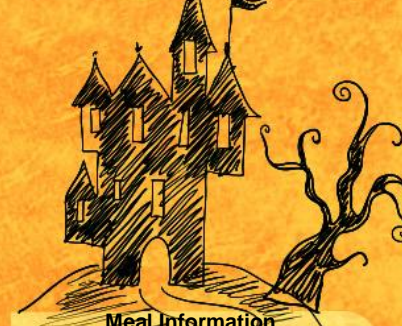


ONEKAMA ELEMENTARY SCHOOL MENU

October 2013



Monday



Breakfast: Bagel and Cream Cheese
Lunch: Walking Taco, Salsa & Lettuce, Corn, Pears, Applesauce, **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Dip, Peaches

Breakfast: Waffles
Lunch: Chicken Nuggets, Brown Rice w/Sweet and Sour Sauce, Green Beans, Fresh Veggies, Pineapple, Peaches **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Dip, Peaches

Breakfast: Pancake Sausage Wrap
Lunch: Tacos, Salsa & Lettuce, Refried Beans, Mixed Fruit, Pineapple **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Dip, Peaches

Breakfast: Apple Cinnamon Texas Toast
Lunch: Spaghetti, Breadstick, Romaine Salad w/Fresh Veggies, Pears/Peaches **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Dip, Peaches

Tuesday

Breakfast: Yogurt & Golden Grahams
Lunch: Chicken Nuggets, Sweet Potato Tots, Fresh Veggies, Applesauce, Pears **OR** Turkey/Cheese, WG Goldfish Bun, Cheesy Broccoli Soup, Fresh Fruit, Fresh Carrots

Breakfast: Scrambled Eggs & Toast
Lunch: Hot Dog, WG Bun, Baked Beans, Baby Carrots, Fresh Banana, Peaches **OR** Turkey/Cheese, WG Goldfish Bun, Cheesy Broccoli Soup, Fresh Fruit, Fresh Baby Carrots

Breakfast: Sunberry Breakfast Rounds
Lunch: Portager Sub, Baked Beans, Fresh Veggies, Peaches/Apple **OR** Turkey/Cheese, WG Goldfish Bun, Cheesy Broccoli Soup, Fresh Fruit, Fresh Baby Carrots

Breakfast: French Toast
Lunch: Chicken Philly Sub, Steamed Carrots, Fresh Veggies, Apple/Banana **OR** Turkey/Cheese, WG Goldfish Bun, Cheesy Broccoli Soup, Fresh Fruit, Fresh Baby Carrots

Breakfast: Yogurt & Golden Grahams
Lunch: Chicken Nuggets, Sweet Potato Tots, Fresh Veggies, Applesauce, Pears, **OR** Turkey/Cheese, WG Goldfish Bun, Cheesy Broccoli Soup, Fresh Fruit, Fresh Carrots

Wednesday

Breakfast: Egg/Bacon Breakfast Pizza
Lunch: Hamburger, WG Bun, Baked Beans, Fresh Veggies, Peaches/Oranges **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

Breakfast: Blueberry Breakfast Round
Lunch: Goulash, WG Breadstick, Romaine Salad w/fresh Veggies, Peaches **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

Breakfast: Strawberry Pancakes
Lunch: Big Daddy's Pepperoni Pizza, Steamed Broccoli, Pears **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

Breakfast: Gogurt and Cacao Cherry Vertical Bars
Lunch: Pepperoni Calzones, Steamed Broccoli, Fresh Pears, Peaches **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

Breakfast: Egg/Bacon Breakfast Pizza
Lunch: Hamburger, WG Bun, Baked Beans, Fresh Veggies, Peaches/Oranges **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

Thursday

Breakfast: Gogurt with Cinnamon Tasties
Lunch: Nachos & Chips, Salsa, Refried Beans, Oranges **OR** Roasted Red Pepper Hummus, Tortilla Chips, Vegetable Soup, Fresh Veggies, Fresh Apple

Breakfast: Breakfast Sausage Pizza
Lunch: Chicken Patty, WG Bun, Green Beans, Fresh Veggies, Grapes/Oranges **OR** Roasted Red Pepper Hummus, Tortilla Chips, Vegetable Soup, Fresh Veggies, Fresh Apple

Breakfast: Apple Jammers
Lunch: Popcorn Chicken, BBQ Sauce, Sweet Potato Fries, Mixed Fruit/Fresh Apple **OR** Roasted Red Pepper Hummus, Tortilla Chips, Vegetable Soup, Fresh Veggies, Fresh Apple

Breakfast: Sunny Egg Burrito
Lunch: Hot Dog, WG Bun, French Fries, Applesauce/Banana, **OR** Roasted Red Pepper Hummus, Tortilla Chips, Vegetable Soup, Veggies, Apple

Breakfast: Gogurt with Cinnamon Tasties
Lunch: Nachos & Chips, Salsa, Refried Beans, Oranges **OR** Roasted Red Pepper Hummus, Tortilla Chips, Vegetable Soup, Fresh Veggies, Fresh Apple

Friday

Breakfast: Cereal & Toast
Lunch: French Toast, Hashbrowns, Sausage Patty, Fresh Veggies, Banana, Apple **OR** Yogurt Fruit Parfait, Nut Free Granola, Mixed Garden Salad/Dressing, Fresh Veggies, Blueberry Muffin

Breakfast: Breakfast Jammers
Lunch: Cheese Pizza, Mixed Greens Salad/Dressing, Diced Pears **OR** Yogurt Fruit Parfait, Nut Free Granola, Mixed Garden Salad/Dressing, Fresh Veggies, Blueberry Muffin

Breakfast: Cereal & Toast
Lunch: Toasted Cheese Sandwich, Tomato Soup, Green Beans, Banana/Oranges **OR** Yogurt Fruit Parfait, Nut Free Granola, Mixed Garden Salad/Dressing, Fresh Veggies, Blueberry Muffin

Breakfast: Breakfast Jammers
Lunch: Macaroni & Cheese, WG Roll, Green Beans, Fresh Veggies, Peaches/Pears **OR** Yogurt Fruit Parfait, Nut Free Granola, Mixed Garden Salad/Dressing, Fresh Veggies, Blueberry Muffin

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

Breakfast Served Daily. Includes cold cereal, yogurt, bread, 4 oz. real fruit juice, fruit and milk. No fat or low fat milk available every day. Condiments may include ketchup, mustard, mayonaise, R/F salad dressings, bbq sauce. Lunch includes selections from the Veggie Bar which may include pepper strips, cherry tomatoes, cucumbers, mixed romaine lettuce, celery sticks, baby carrots

No breakfast on days school is delayed. Food Service reserves the right to change the menu without notice.

Prices: Breakfast-- \$1.60 6-12, \$1.35 K-5
Lunch - \$2.40 Elementary, \$2.65 Middle/High School
Reduced Breakfast: \$0.30, Reduced Lunch: \$0.40
Adult Breakfast -- \$2.75, Adult Lunch -- \$4.00
Questions? Contact J. Momber, FS Director, 231.649.5319 or D. Fink, Head Cook, 889-4251, x109

Non Discriminatory Statement

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing 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.