

# ONEKAMA MIDDLE/HIGH SCHOOL MENU

## October 2013



### 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

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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.

### Monday



**Breakfast:** Bagel and Cream Cheese  
**Lunch:** Walking Taco, Salsa & Lettuce, Corn, Pears, Applesauce, WG Cookie (HS) **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Rip, 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 Rip, Peaches

**Breakfast:** Pancake Sausage Wrap  
**Lunch:** Tacos, Doritos, 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 Rip, Peaches

### Tuesday

**Breakfast:** Yogurt & Golden Grahams  
**Lunch:** Chicken Nuggets, Sweet Potato Tots, Fresh Veggies, Applesauce, Pears, WG Cookie (HS) **OR** Southwestern Chicken Wrap, Cheesy Broccoli Soup, Fresh Fruit, Fresh Carrots

**Breakfast:** Scrambled Eggs & Toast  
**Lunch:** Hot Dog, WG Bun, Baked Beans, Sun Chips, Baby Carrots, Fresh Banana, Peaches **OR** Southwestern Chicken Wrap, Cheesy Broccoli Soup, Fresh Fruit, Fresh Baby Carrots

**Breakfast:** Sunberry Breakfast Rounds  
**Lunch:** Portager Sub, Baked Beans, Fresh Veggies, Peaches/Apple **OR** Southwestern Chicken Wrap, Cheesy Broccoli Soup, Fresh Fruit, Fresh Baby Carrots

**Breakfast:** French Toast  
**Lunch:** Chicken Philly Sub, Steamed Carrots, Fresh Veggies, Apple/Banana **OR** Southwestern Chicken Wrap, Cheesy Broccoli Soup, Fresh Fruit, Fresh Baby Carrots

**Breakfast:** Yogurt & Golden Grahams  
**Lunch:** Chicken Nuggets, Sweet Potato Tots, Fresh Veggies, Applesauce, Pears, WG Cookie (HS) **OR** Southwestern Chicken Wrap, Cheesy Broccoli Soup, Fresh Fruit, Fresh Carrots

### Wednesday

**Breakfast:** Egg/Bacon Breakfast Pizza  
**Lunch:** Cheeseburger/Hamburger, WG Bun, Baked Beans, Fresh Veggies, Peaches/Oranges **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

**Breakfast:** Blueberry Breakfast Round  
**Lunch:** Goulash, WG Breadstick, Romaine Salad with Fresh Veggies, Peaches **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

**Breakfast:** Strawberry Pancakes  
**Lunch:** Big Daddy's Pepperoni Pizza, Steamed Broccoli, Pears **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

**Breakfast:** Gogurt and Cereals  
**Lunch:** Pepperoni Calzones, Steamed Broccoli, Fresh Pears, Peaches **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

**Breakfast:** Egg/Bacon Breakfast Pizza  
**Lunch:** Cheeseburger/Hamburger, WG Bun, Baked Beans, Fresh Veggies, Peaches/Oranges **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

### Thursday

**Breakfast:** Gogurt with Cinnamon Tasties  
**Lunch:** Nachos & Chips, Salsa, Refried Beans, Sour Cream, 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 Greens Salad/Dressing, 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, Sour Cream, 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**