

# ONEKAMA ELEMENTARY SCHOOL MENU

November 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, 231.889.4251 ext 109.

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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)845-6186 (Spanish).

USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday

*Did you know?*

Daylight savings time ends on the first Sunday in November.  
Don't forget to set your clocks back!  
HM = Home Made

**Breakfast:** 4  
Bagel and Cream Cheese  
**Lunch:** Walking Taco, Salsa & Lettuce, Corn, Pears, Applesauce, **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Dip, Peaches

**Breakfast:** 11  
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:** 18  
Pancake Sausage Wrap  
**Lunch:** Tacos, Salsa & Lettuce, Refried Beans, Mixed Fruit, Pineapple **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Dip, Peaches

**Breakfast:** 25  
Apple Cinnamon Texas Toast  
**Lunch:** **HM** Jumbo Cheese Ravioli, Breadstick, Romaine Salad w/Fresh Veggies, Pears/Peaches **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Dip, Peaches

**Breakfast:** 5  
Scrambled Eggs & Toast  
**Lunch:** Hot Dog, WG Bun, Baked Beans, Baby Carrots, Fresh Banana, Peaches **OR** Turkey/Cheese, WG Goldfish Bun, Cheesey Broccoli Soup, Fresh Fruit, Fresh Baby

**Breakfast:** 12  
Sunberry Breakfast Rounds  
**Lunch:** Portager Sub, Baked Beans, Fresh Veggies, Peaches/Apple **OR** Turkey/Cheese, WG Goldfish Bun, Cheesey Broccoli Soup, Fresh Fruit, Fresh Baby Carrots

**Breakfast:** 19  
French Toast  
**Lunch: THANKSGIVING FEAST!** Turkey, Mashed Potatoes & Gravy, Green Beans, WG Cookie, Applesauce, Banana, **OR** Turkey/Cheese, WG Goldfish Bun, Cheesey Broccoli Soup, Fresh Fruit, Fresh Carrots

**Breakfast:** 26  
Yogurt & Golden Grahams  
**Lunch:** Chicken Nuggets, Sweet Potato Tots, Fresh Veggies, Applesauce, Pears, **OR** Turkey/Cheese, WG Goldfish Bun, Cheesey Broccoli Soup, Fresh Fruit, Fresh Carrots

**Breakfast:** 6  
Blueberry Breakfast Round  
**Lunch:** Goulash, WG Breadstick, Romaine Salad w/fresh Veggies, Peaches **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

**Breakfast:** 13  
Strawberry Pancakes  
**Lunch:** Big Daddy's Pepperoni Pizza, Steamed Broccoli, Pears **OR** PB & Jelly, Fresh Veggies, Pears/Oranges

**Breakfast:** 20  
Gogurt and Cinnamon Tasties  
**Lunch:** Pepperoni Calzones, Steamed Carrots, Fresh Pears, Peaches **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

**Breakfast:** 27  
Egg/Bacon Breakfast Pizza  
**Lunch:** Hamburger, WG Bun, Baked Beans, Fresh Veggies, Peaches/Oranges **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

**Breakfast:** 7  
Breakfast Sausage Pizza  
**Lunch:** Chicken Patty, WG Bun, Green Beans, Fresh Veggies, Grapes/Oranges **OR** Roasted Red Pepper Hummus, Tortilla Chips, Vegetable Soup, Fresh

**Breakfast:** 14  
Apple Jammers  
**Lunch:** Popcorn Chicken, BBQ Sauce, Sweet Potato Fries, Mixed Fruit/Fresh Apple **OR HM** Cheeseburger Soup, Roasted Red Pepper Hummus, Soft Pretzel, Fresh Veggies, Fresh Apple

**Breakfast:** 21  
Sunny Egg Burrito  
**Lunch:** Hot Dog, WG Bun, French Fries, Applesauce, Banana, **OR** Roasted Red Pepper Hummus, Tortilla Chips, Vegetable Soup, Veggies, Apple

28  
**Happy Thanksgiving!**

**Breakfast:** 1  
Cereal & Toast  
**Lunch:** Scrambled Eggs, Apple Jammers, Hashbrowns, Fresh Veggies, Orange Juice **OR** Yogurt Fruit Parfait, Nut Free Granola, Mixed Garden Salad/Dressing, Fresh Veggies, Blueberry Muffin

**Breakfast:** 8  
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

15  
**Opening Day of Deer Season  
No School for Students or Staff  
Good Luck Hunters!**

**Breakfast:** 22  
Breakfast Jammers  
**Lunch:** Macaroni & Cheese, WG Biscuit, Steamed Broccoli, Fresh Veggies, Peaches, Pears **OR** Yogurt Fruit Parfait, Nut Free Granola, Mixed Garden Salad, Dressing, Fresh Veggies, Blueberry Muffin

29  
**No Schools for Students or Staff**