

ONEKAMA MIDDLE/HIGH SCHOOL



SEPTEMBER 2013



MONDAY

**Labor Day
No School**

2

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

9

Breakfast: Waffles

16

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

23

Lunch: Tacos, Doritos, Salsa & Lettuce, Refried Beans, Mixed Fruit, Pineapple **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Rip, Peaches

Breakfast: Apple Cinnamon Texas Toast

30

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

3

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

10

Breakfast: Sunberry Breakfast Rounds

17

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

Breakfast: French Toast

24

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

4

Breakfast: Blueberry Breakfast Round

11

Lunch: Sock Rockin Chili, WG Saltines, Mandarin Oranges, Banana **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

Breakfast: Strawberry Pancakes

18

Lunch: Goulash, WG Breadstick, Romaine Salad w/fresh Veggies, Peaches **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

Breakfast: Gogurt and Cherry Vertical Bars

23

Lunch: Pepperoni Calzones, Steamed Broccoli, Fresh Pears, Peaches **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

5

Breakfast: Breakfast Sausage Pizza

12

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

19

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

26

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

6

Breakfast: Breakfast Jammers

13

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

20

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

27

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

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, mayonnaise, 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

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DID YOU KNOW?

September comes from the Latin words septem, meaning seven and septimus, meaning seventh. In ancient Rome, September was the seventh month of the year.

Questions? Contact Food Service Director, Jenice Momber, 231.889.4251, ext 109 or Head Cook, Deanna Fink, 231.889.4251, ext 109