

ONEKAMA MIDDLE/HIGH 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)845-6136 (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, WG Cookie (HS) **OR** Chicken Noodle Soup, Bosco Stick, Broccoli, LF Ranch Rip, Peaches

Breakfast: 5
 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 Carrots

Breakfast: 6
 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: 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 Veggies, Fresh Apple

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

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 Rip, Peaches

Breakfast: 12
 Sunberry Breakfast Rounds
Lunch: Portager Sub, Baked Beans, Fresh Veggies, Peaches/Apple **OR** Southwestern Chicken Wrap, Cheesy Broccoli Soup, Fresh Fruit, Fresh Carrots

Breakfast: 13
 Strawberry Pancakes
Lunch: Big Daddy's Pepperoni Pizza, Steamed Broccoli, Pears **OR** Chef Salad with Mixed Greens Salad/Dressing, Pears/Oranges, WG Saltines

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

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

Breakfast: 18
 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: 19
 French Toast
Lunch: THANKSGIVING FEAST! Turkey, Mashed Potatoes & Gravy, Green Beans, Biscuit/Butter (HS) **HM** Peach Crisp, Applesauce, Banana **OR** Southwestern Chicken Wrap, Cheesy Broccoli Soup, Fresh Fruit, Fresh Carrots

Breakfast: 20
 Gogurt and Cinnamon Tasties
Lunch: Pepperoni Calzones, Steamed Carrots, Fresh Pears, Peaches **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

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

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

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 Rip,

Breakfast: 26
 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: 27
 Egg/Bacon Breakfast Pizza
Lunch: Hamburger Sliders, WG Bun, Baked Beans, Fresh Veggies, Peaches/Oranges **OR** Chef Salad with Mixed Greens Salad/Dressing, Peaches/Oranges, WG Saltines

Happy Thanksgiving!

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