

# ONEKAMA ELEMENTARY SCHOOL



# SEPTEMBER 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

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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

**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 Dip, Peaches

TUESDAY

### Breakfast:

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

10

**Breakfast:** Sunberry Breakfast Rounds

17

**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

24

**Lunch:** Chicken Philly Sub, Steamed Carrots, Fresh Veggies, Apple/Banana **OR** Turkey/Cheese, WG Goldfish Bun, 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** PB & Jelly, Fresh Veggies, Peaches/Oranges

4

**Breakfast:** Blueberry Breakfast Round

11

**Lunch:** Sock Rockin Chili, WG Saltines, Mandarin Oranges, Banana **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

**Breakfast:** Strawberry Pancakes

18

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

**Breakfast:** Gogurt and Cherry Vertical Bars

23

**Lunch:** Pepperoni Calzones, Steamed Broccoli, Fresh Pears, Peaches **OR** PB & Jelly, Fresh Veggies, Peaches/Oranges

THURSDAY

**Breakfast:** Gogurt with Cinnamon Tasties

5

**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

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

## 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