



**OWOSSO PUBLIC SCHOOLS**  
**Middle School Lunch Menu**  
**2018-2019**



Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Little Bit of Sicily</u></b> Italian Cuisine</p> 	Pepperoni Pizza Garden / Spinach Salad w/ Lt. Dressing Red Del. Apple Cold Milk or Bosco Sticks & Pizza Sauce	Sausage Pizza Carrot Sticks Cantaloupe Cold Milk or Cheese Pizza or Bosco Sticks & Pizza Sauce	Spaghetti Garden/ Spinach Salad Pineapple Tidbits or Bosco Sticks & Pizza Sauce	Pepperoni Pizza Celery Sticks Watermelon Cold Milk or Bosco Sticks & Pizza Sauce or Cheese Pizza	Lasagna Broccoli Crowns Red Grapes Cold Milk or Bosco Sticks with Pizza Sauce
<p><b><u>Trojan Grille</u></b> Specialty Sandwiches and Chicken</p>  <p><b><u>Picantes</u></b> Southwestern Food</p> 	Chicken Fajita Wrap Refried Beans or Garden Salad Light Dressing Red Del. Apple Cold Milk or Soft Shell Taco or Taco Bowl, Choice of Seasoned Beef or Chicken & Veg. Toppings	Popcorn Chicken & W/G Roll Sweet Potato Fries Cantaloupe Cold Milk or Chicken Sandwich or Cheeseburger Both on a Whole Grain Bun	Chicken Fajita Wrap Refried Beans or Garden Salad Light Dressing Pineapple Tidbits Cold Milk or Soft Shell Taco or Taco Bowl, Choice of Seasoned Beef or Chicken & Veg. Toppings	Chicken Nuggets & W/G Roll Sweet Potato Fries Watermelon Cold Milk or Chicken Sandwich or Cheeseburger Both on a Whole Grain Bun	Chicken Fajita Wrap Refried Beans or Garden Salad Light Dressing Pineapple Tidbits Cold Milk or Soft Shell Taco or Taco Bowl, Choice of Seasoned Beef or Chicken & Veg. Toppings
<p><b><u>Grand Central Sub Station</u></b> Deli Sandwiches made Fresh to Order, Featuring a variety of Meats, Cheese and Breads and toppers</p> 		Build Your Own Sub or Wrap. Ham, Turkey, Salami, Pepperoni, American Cheese, Provolone Cheese, Pepper Jack Cheese, Dressing and lots of fresh vegetables Tuesday & Thursday		Fresh Fruit Daily includes: Grapes, Apples & Watermelon  Fresh vegetables daily includes: Romaine-spinach mix, baby carrots, tomatoes, onions, cucumbers & green peppers	
<p><b><u>The Dragon's Plate</u></b> Made to order Stir-Fry Served Daily</p> 	Cooked to Order Choice of Chicken or Beef with a Variety of Fresh Vegetables, Oils and Sauces  Cooked to Order Served over Rice	Same menu served daily	Fresh Fruit daily includes: Grapes, Apples & Watermelon	Fresh vegetables daily includes: Broccoli, Spinach, carrots, mushrooms, onion, green peppers, baby corn, bean sprouts and pea pods	
<p><b><u>The Spud Depot</u></b> Mash Potato Bowl and toppings</p> 	<p><b>Popcorn Chicken Bowl</b></p> Mashed Potatoes topped with Sweet Corn, Gravy, Popcorn Chicken and Cheddar Cheese, Many Fresh Vegetable Toppings, Dinner Roll	<p><b>Salisbury Steak Bowl</b></p> Mashed Potatoes Sweet Corn, Gravy, Salisbury Steak, and Dinner Roll,	<p><b>Chicken and Waffles</b></p> Whole Grain Chicken Leg, Whole Grain Waffle Stix  Served with Sweet Corn	<p><b>Turkey &amp; Gravy Bowl</b></p> Mashed Potatoes Sweet Corn, Gravy, Turkey, and Dinner Roll	<p><b>Popcorn Chicken Bowl</b></p> Mashed Potatoes topped with Sweet Corn, Gravy, Popcorn Chicken and Cheddar Cheese, Many Fresh Vegetable Toppings, Dinner Roll

**No Charge for Student Lunch Adult- \$4.00 MILK - \$0.40,  
 Milk Selections – White Skim, Chocolate Skim or 1% White  
 Menu Subject to Change.  
 Menu by John Klapko**

# Owosso Middle School Breakfast Menu 2013-2014

## AVAILABLE DAILY

### **\*Variety of Reduced Sugar Cereal Bars**

- **Cocoa Puffs**
- **Cinnamon Toast Crunch**
- **Trix**
- **Strawberry Cheerios**

### **\*Reduced Sugar Cereal Bowls**

- **Cocoa Puffs**
- **Cinnamon Toast Crunch**
- **Trix**
- **Froot Loops**
- **Honey Nut Cheerios**

### **\*Whole Grain Pop-Tarts Pastries**

- **Brown Sugar**
- **Strawberry**

### **\*Variety of Muffins**

- **Banana Nut**
- **Blueberry**
- **Apple Strudel**
- **Chocolate Chunk**
- **Apple Loaf**
- **Mini Blueberry Loaf**

### **\*Bagel & Cream Cheese**

**\*\*\*All Meals include choice of Banana, Apple or Juice and choice of Milk (Skim white, Skim Chocolate or 1% White)**

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Office of the Assistant Secretary for Civil Rights  
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