



OWOSSO PUBLIC SCHOOLS
Middle School Lunch Menu
2016-2017



Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Little Bit of Sicily</u> Italian Cuisine \$2.00 - \$2.50</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 or 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><u>Trojan Grille</u> Specialty Sandwiches and Chicken \$2.00 -3.25</p>  <p><u>Picantes</u> 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 271/	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. Topping	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><u>Grand Central Sub Station</u> Deli Sandwiches made Fresh to Order, Featuring a variety of Meats, Cheese and Breads and toppers \$2.50</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><u>The Dragon's Plate</u> Made to order Stir-Fry Served Daily \$3.50</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><u>The Spud Depot</u> Mash Potato Bowl and toppings \$2.50</p> 	<p>Popcorn Chicken Bowl</p> Mashed Potatoes topped with Sweet Corn, Gravy, Popcorn Chicken and Cheddar Cheese, Many Fresh Vegetable Toppings, Dinner Roll	<p>Salisbury Steak Bowl</p> Mashed Potatoes Sweet Corn, Gravy, Salisbury Steak, and Dinner Roll,	<p>Chicken and Waffles</p> Whole Grain Chicken Leg, Whole Grain Waffle Stix Served with Sweet Corn	<p>Turkey & Gravy Bowl</p> Mashed Potatoes Sweet Corn, Gravy, Turkey, and Dinner Roll	<p>Popcorn Chicken Bowl</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- \$2.75 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)**

USDA Non-Discrimination Statement

In accordance with Federal law and U.S Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, et.) should contact the responsible State or local Agency that administers the program or USDA's Target Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at Link to http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410

Fax:

(202) 690-7442 or

Email:

Program.intake@usda.gov.

This institution is an equal opportunity provider.