


**OWOSSO PUBLIC SCHOOLS**  
**Middle School Lunch Menu**  
**2017-2018**


Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Little Bit of Sicily</u></b> Italian Cuisine</p> 	Pepperoni Pizza, Assorted Pizzas Macaroni & Cheese Garden / Spinach Salad w/ Lt. Dressing Red Del. Apple Cold Milk	Assorted Pizzas, Flatbread Pizza, Carrot Sticks Cantaloupe Cold Milk or Bosco Sticks & Pizza Sauce Garden/Spinach Salad Cold Milk	Pizza Pasta Or Assorted Pizza's Garden/ Spinach Salad Watermelon Cold Milk	Assorted Pizzas, Flatbread Pizza, Celery Sticks Fresh pineapple Cold Milk or Bosco Sticks & Pizza Sauce Garden Spinach Salad Cold Milk	Assorted Pizzas, Lasagna Garden Spinach Salad Broccoli Crowns Red Grapes Cold Milk
<p><b><u>Trojan Grille</u></b> Specialty Sandwiches and Chicken</p>  <p><b><u>Picantes</u></b> Southwestern Food</p> 	Nachos Beef or Chicken Refried Beans or Garden Salad Red Del. Apple Cold Milk or Soft Shell Taco or Taco Bowl, Choice of Seasoned Beef or Chicken & Veg. Toppings	Chicken Strips with Fries Cantaloupe, ,Baby Carrots Cold Milk or Turkey Grinder on Ciabatta or Cheeseburger on a Whole Grain Bun	Nachos Beef or Chicken Refried Beans or Garden Salad Pineapple Tidbits Cold Milk or Soft Shell Taco or Taco Bowl, Choice of Seasoned Beef or Chicken & Veg. Toppings	Chicken Strips with Fries Watermelon, Baby Carrots Cold Milk or Pork BBQ with fries or Cheeseburger Both on a Whole Grain Bun	Chicken Fajita Wrap Refried Beans or Garden Salad Fresh Pineapple 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, Roast Beef, Pepperoni, American Cheese, Provolone Cheese, Pepper Jack Cheese, Dressing and lots of fresh vegetables	Fresh Fruit Daily includes: Grapes, Apples & Watermelon  Fresh vegetables daily includes: Romaine-spinach mix, baby carrots, tomatoes, onions, cucumbers& green peppers	Build Your Own Sub or Wrap. Ham, Turkey, Roast Beef, Pepperoni, American Cheese, Provolone Cheese, Pepper Jack Cheese, Dressing and lots of fresh vegetables	Fresh Fruit Daily includes: Grapes, Apples & Watermelon  Fresh vegetables daily includes: Romaine-spinach mix, baby carrots, tomatoes, onions, cucumbers& green peppers	Build Your Own Sub or Wrap. Ham, Turkey, Roast Beef, Pepperoni, American Cheese, Provolone Cheese, Pepper Jack Cheese, Dressing and lots of fresh vegetables
<p><b><u>Noodle Bowl/ The Dragon's Plate</u></b> Whole Grain Pastas and Sauces Served Daily Stir Fry served Monday ,Wednesday and Friday</p> 	Assorted W/G Pastas Meat Sauce/Chicken Alfredo/Marinara Or Sweet Sour Chicken over Rice Variety of Fresh Fruits and Vegetables Cold Milk	Assorted W/G Pastas Meatballs, Marinara ,Fajita Chicken ,Red Pepper Sauce Assorted Fresh Fruits and Vegetables Cold Milk	Assorted W/G Pastas Meat Sauce/Chicken Alfredo/Marinara Or Beef and Mushroom Stir Fry over Rice Variety of Fresh Fruits and Vegetables Cold Milk	Assorted W/G Pastas Meatballs, Marinara ,Fajita Chicken ,Red Pepper Sauce Assorted Fresh Fruits and Vegetables Cold Milk	Assorted W/G Pastas Meat Sauce/Chicken Alfredo/Marinara Or General Tso's Stir Fry over Rice Variety of Fresh Fruits and Vegetables Cold Milk
<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, Mashed Potatoes and Gravy  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  
1400 Independence Avenue, SW  
Washington, DC 20250-9410

#### **Fax:**

(202) 690-7442 or

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**Program.intake@usda.gov.**

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