

APRIL | 2019

Onekama Elementary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Information

1 SPRING BREAK (last day!)	2 Breakfast Blueberry Cinnamon Sticks Lunch Chicken & Waffles, Steamed Green Beans, Peaches OR PB&J, Cheese Stick, Chex Mix	3 Breakfast Cheese Omelets Lunch Cheeseburger, Ranch Potato Wedges, Mixed Fruit OR Turkey & Cheese on Croissant	4 Breakfast Sausage Pancake Wrap Lunch Italian Spaghetti, Garlic Bread, Broccoli, Applesauce OR Corn Dog, Baked Beans	5 Breakfast Chocolate Muffin Lunch Stuffed Crust Cheese Pizza, Green Beans, Pears OR Yogurt Parfait, Granola, Blueberry Muffin
8 Breakfast Cinnamon Roll Lunch "Portager Bowl" Chicken, Potatoes, Gravy, Corn, Cheese, Fruit OR Chicken Noodle Soup, Bosco Stick	9 Breakfast Breakfast Pizza Lunch Soft Shell Tacos, Fiesta Beans, Salsa, Tostitos, Pineapple OR PB&J, Cheese Stick, Goldfish	10 Breakfast Stuffed Crescent Rolls Lunch French Toast Sticks, Melon, Sausage Patties, Hash Browns OR Fruit Smoothie, Cheese Stick, Cinna-Bun	11 Breakfast Bagels & Cream Cheese Lunch Sloppy Joes, WG Bun, Green Bean Fries, Strawberry Cup OR Corn Dog, Baked Beans	12 Breakfast Sausage Pancake Wrap Lunch Deep Dish Pepperoni Pizza, Steamed Broccoli, Apples OR Yogurt Parfait, Granola, Blueberry Muffin
15 Breakfast Breakfast Taco Lunch Breaded Chicken Patty, Curly Fries, Peaches OR Chicken Noodle Soup, Bosco Stick	16 Breakfast Blueberry Cinnamon Sticks Lunch Walking Tacos, Salsa, Cheese, Spanish Rice, Pears OR PB&J, Cheese Stick, Chex Mix	17 Breakfast Cheese Omelets Lunch Portager Sub, Baked Beans, Fresh Veggies, Sun Chips, Mixed Fruit OR Turkey & Cheese on Croissant	18 Breakfast Egg & Cheese Sandwich Lunch Chicken Alfredo, Garlic Bread, Broccoli, Mixed Berry Cup OR Corn Dog, Baked Beans	19 Breakfast Chocolate Muffin Lunch Pepperoni French Bread Pizza, Buttered Corn, Pineapple OR Yogurt Parfait, Granola, Muffin
22 Breakfast Cinnamon Roll Lunch Chicken Rings, Waffle Fries, Tropical Fruit OR Chicken Noodle Soup, Bosco Stick	23 Breakfast Breakfast Pizza Lunch Taco Pizza, Salsa, Mexican Corn, Tostitos, Pineapple OR PB&J, Cheese Stick, Goldfish	24 Breakfast Stuffed Crescent Rolls Lunch General Tso's Chicken, Rice, Stir Fry Veggies, Fruit OR Fruit Smoothie, Cheese Stick, Cinna-Bun	25 Breakfast Bagels & Cream Cheese Lunch Mozzarella Sticks, Marinara, Cauliflower Blend, Blueberries OR Corn Dog, Baked Beans	26 Breakfast Sausage Pancake Wrap Lunch Macaroni & Cheese, Jumbo Pretzel, Pears, Broccoli OR Yogurt Parfait, Granola, Blueberry Muffin
29 Breakfast Breakfast Taco Lunch Hamburger, WG Bun, Green Bean Fries, Diced Peaches OR Chicken Noodle Soup, Bosco Stick	30 Breakfast Blueberry Cinnamon Sticks Lunch Loaded Nachos, Salsa, Cheese, Spanish Rice, Pears OR PB&J, Cheese Stick, Chex Mix	1	2	3



Lunch includes selections from the Veggie Bar which may include fresh pepper strips, cherry tomatoes, cucumbers, spinach or romaine lettuce, cauliflower, broccoli, celery, and carrot sticks



All of our breads and buns are 100% whole grain



Ice cold milk options available daily: fat free white, low fat white, and fat free chocolate

Meal Prices:

Breakfast— K-12, \$1.75
Lunch - \$2.70 Elementary
\$2.95 Middle/High School
Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40
Adult Breakfast -- \$2.75
Adult Lunch -- \$4.00
Deanna Fink, Head Cook
Tim Klenow, FS Director
231-889-4251 ext 4109



This Institution is an equal opportunity provider