

# APRIL | 2019

## Onekama Middle/High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### Information

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



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