

OTSEGO Jr High B Lunch 2018 -2019

MONDAY

TUESDAY

WEDNESDAY

Thursday

Friday

News

Students: \$3.00
 Reduced: \$.40
 Free: No Cost
 Adults: \$3.00

Lunch Options:
 B: As Listed by week
 C: Chef Salad

Otsego Local Schools participate in the Nation School Lunch Program. The meal consists of 5 components: a protein, a grain (bread), a fruit, a vegetable and a fat-free or low fat milk. Students must select 3 of the 5, one of which must be a fruit or a vegetable.

<p>Bonless Wings Boston Baked Beans Cauliflower Pear or Applesauce Cup</p> <p>Milk</p>	<p>Nacho's w/Creamy Cheese Refried Beans Baby Carrots Peach Cup or Craisins</p> <p>Milk</p>	<p>Cheese Filled Breadsticks Marinara Sauce Side Salad Grapes</p> <p>Milk</p>	<p>Burger Bar Cheeseburger Crinkle Fries Broccoll Florets Juice or Apple</p> <p>Milk</p>	<p>Big Daddy Pizza Green Beans Sidekick Frozen Juice</p> <p>Milk</p>
<p>Chicken Patty on WG Bun Cauliflower & Broccoll Frozen Strawberries</p> <p>Milk</p>	<p>Chicken or Beef Taco Flour or Corn Shells Refried Beans Apple Slices or Sidekick Frozen Juice</p> <p>Milk</p>	<p>Cheese Filled Breadsticks Marinara Sauce Far East Vegetable Pineapple Tidbits or Peach Cup</p> <p>Milk</p>	<p>Burger Bar Cheeseburger Crinkle Fries Grapes or Juice</p> <p>Milk</p>	<p>French Bread Pizza Side Salad Frozen Peaches</p> <p>Milk</p>
<p>Chicken Tender Wrap Crinkle Fries Broccoll Florets Pears</p> <p>Milk</p>	<p>Walking Doritos Taco Refried Beans Cauliflower Juice or Grapes</p> <p>Milk</p>	<p>Cheese Filled Breadsticks Marinara Sauce California Blend Vegetable Apple Slice</p> <p>Milk</p>	<p>Burger Bar Cheeseburger Tator Tots Broccoll Florets Side Kick Frozen Juice</p> <p>Milk</p>	<p>Big Daddy Pizza Fresh Veggie Mix Mandarin Oranges</p> <p>Milk</p>
<p>Bonless Wings Crinkle Fries Carrots & Celery Craisins</p> <p>Milk</p>	<p>Nacho's w/Creamy Cheese Refried Beans Baby Carrots Frozen Strawberries or Pears</p> <p>Milk</p>	<p>Cheese Filled Breadsticks Marinara Sauce Side Salad Fruit Cocktail or Juice</p> <p>Milk</p>	<p>Burger Bar Cheeseburger Crinkle Fries Banana's or Craisins</p> <p>Milk</p>	<p>Big Daddy Pizza Side Salad Apples</p> <p>Milk</p>
<p>Grilled Chicken on WG Bun Peas & Carrots Cauliflower Applesauce</p> <p>Milk</p>	<p>Chicken or Beef Taco Flour or Corn Shells Refried Beans Broccoll Florets Grapes</p> <p>Milk</p>	<p>Cheese Filled Breadsticks Marinara Sauce Key West Veggie Blend Pineapple Tidbits or Mandarin Oranges</p> <p>Milk</p>	<p>Burger Bar Cheeseburger Tator Tots Juice or Craisins</p> <p>Milk</p>	<p>Big Daddy Pizza Side Salad Sidekick Frozen Juice or Pears</p> <p>Milk</p>

August 18							September 18							October 18							November 18							December 18						
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Follow the menu with its calendar dav. each week is represented by a color and represents a five week cycle.

January 19							February 19							March 19							April 19							May 19																																		
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa																												
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Menu's are subject to change.

Free and reduced applications available online or at the school office.

"USDA is an equal opportunity provider"

Any questions or concerns, please call Jeanne Jeffers at 419-823-4381 ext 1104 or email jjeffers@ostegoknights.org