

OTSEGO High School Lunch Menu 2018-2019

| MONDAY | | | | | | | TUESDAY | | | | | | | WEDNESDAY | | | | | | | Thursday | | | | | | | Friday | | | | | | |
|--|----|----|----|----|----|----|---|----|----|----|----|----|----|---|----|----|----|----|----|----|--|----|----|----|----|----|----|---|----|----|----|----|---|----|
| Corn Dog or BBQ Pork on WG Bun Broccoli Florets Cauliflower Pear Cup or Applesauce Milk | | | | | | | Fiestada Refried Beans Baby Carrots Peach Cup or Craisins Milk | | | | | | | Knight's Chicken Bowl Broccoli Dinner Roll Grapes Milk | | | | | | | BBQ Beef Rib on WG Bun Crinkle Fries Side Salad Apple or Juice Box Milk | | | | | | | Chicken Drumstick Mashed Potatoes w/ Gravy Green Beans Warm Breadstick, Side Kick Mini Rice Krispie Milk | | | | | | |
| Calzone Broccoli Florets Cauliflower Diced Peach Cup Milk | | | | | | | Beef or Chicken Philly w/ Roasted Peppers & Onions Boston Baked Beans Baby Carrots Apple Slices Milk | | | | | | | Asian Day General Tso Chicken or Sweet & Sour Chicken Rice, Far East Blend Veggie Egg Roll, Pineapple Tidbits Milk | | | | | | | Spaghetti w/ Meat Sauce Side Salad Garlic Bread Stick Grapes Milk | | | | | | | Brunch for Lunch French Toast, Sausage Tator Tots Dragon Punch Oranges Milk | | | | | | |
| Breaded Pork Chop on WG Bun Crinkle Fries Cauliflower Pear Cup or Applesauce Milk | | | | | | | French Bread Pizza Side Salad Juice Box Grapes Milk | | | | | | | Fiesta Bowl w/ Rice & Fajita Chicken Nacho Chips, Baby Carrots Applesauce Choice Frozen Strawberries Milk | | | | | | | Chicken Alfredo Side Salad Bread Stick Sidekick Frozen Juice Pears Milk | | | | | | | Fish Sandwich Crinkle Fries Baked Beans Mandarin Oranges Diced Peach Cup Milk | | | | | | |
| Sub Day Turkey or Ham Celery, Carrots & Broccoli Frozen Peach Cup Bag of Chips Milk | | | | | | | Fiestada Refried Beans Cauliflower Pear Milk | | | | | | | Knight's Bowl Dinner Roll Baby Carrots Fruit Cocktail Milk | | | | | | | Meatball Sub Crinkle Fries Carrots & Celery Banana or Craisins Milk | | | | | | | Grilled Cheese Sandwich Tomato Soup Side Salad Apple or Juice Milk | | | | | | |
| Macaroni & Cheese Peas & carrots Cauliflower Bread Stick Applesauce Chole Milk | | | | | | | 2 Hot Dog Day Boston Baked Beans Baby Carrots Grapes Milk | | | | | | | Asian Day General Tso Chicken or Sweet & Sour Chicken Rice, Far East Blend Veggie Egg Roll, Diced Peaches Milk | | | | | | | Pizza Bob Crinkle Fries Baby Carrots Craisins or Juice Milk | | | | | | | Chicken Alfredo Side Salad Bread Stick Sidekick Frozen Juice Pears Milk | | | | | | |
| August 18 | | | | | | | September 18 | | | | | | | October 18 | | | | | | | November 18 | | | | | | | December 18 | | | | | | |
| 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 |
| | | | 1 | 2 | 3 | 4 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | | | | | | | | | 25 | 26 | 27 | 28 | 29 | 30 | | | |
| | | | | | | | 30 | | | | | | | | | | | | | | | | | | | 30 | 31 | | | | | | | |

| 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 |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | |
| 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | | | | 26 | 27 | 28 | 29 | 30 | 31 | | | | |
| | | | | | | | | | | | | | | 31 | | | | | | | | | | | | | | | | | | | | |

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.

Follow the menu with its calendar day. each week is represented by a color and represents a five week cycle.

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 jeffers@ostegoknights.org

OTSEGO High School B Lunch 2018 -2019

| MONDAY | TUESDAY | WEDNESDAY | Thursday | Friday |
|--|---|--|---|---|
| Bonless Wings Boston Baked Beans Cauliflower Hot Bread Stck Pear or Applesauce Cup Milk | Nacho's w/Creamy Cheese Refried Beans Baby Carrots Peach Cup or Craisins Milk | Cheese Filled Breadsticks Marinara Sauce Side Salad Grapes Milk | Burger Bar Cheeseburger Crinkle Fries Broccoll Florets Juice or Apple Milk | Big Daddy Pizza Green Beans Sidekick Frozen Juice Applesauce Choice Milk |
| Chicken Patty on WG Bun Cauliflower & Broccoll Frozen Strawberries Chocolate Chip Cookle Milk | Chicken or Beef Taco Flour or Corn Shells Refried Beans, Baby Carrots Apple Slices or Sidekick Frozen Juice Milk | Cheese Filled Breadsticks Marinara Sauce Far East Vegetable Pineapple Tidbits or Peach Cup Milk | Burger Bar Cheeseburger Crinkle Fries Grapes or Juice Milk | French Bread Pizza Side Salad Frozen Peaches Apples Milk |
| Chicken Tender Wrap Crinkle Fries Broccoll Florets Pears, Applesauce Milk | Walking Doritos Taco Refried Beans Cauliflower Juice or Grapes Choclate Chip Cookle Milk | Cheese Filled Breadsticks Marinara Sauce Callifornia Blend Vegetable Apple Slice Frozen Strawberry Cup Milk | Burger Bar Cheeseburger Tator Tots Broccoll Florets Side Kick Frozen Juice Milk | Big Daddy Pizza Fresh Veggie Mix Mandarin Oranges Milk |
| Bonless Wings Crinkle Fries Carrots and Celery Warm Bread Stck Craisins Milk | Nacho's w/Creamy Cheese Refried Beans Baby Carrots Frozen Strawberries or Pears Choclate Chip Cookle Milk | Cheese Filled Breadsticks Marinara Sauce Side Salad Fruit Cocktail or Juice Milk | Burger Bar Cheeseburger Crinkle Fries Carrots & Celery Banana's or Craisins Milk | Big Daddy Pizza Side Salad Apples Milk |
| Grilled Chicken on WG Bun Peas & Carrots Cauliflower Applesauce Milk | Chicken or Beef Taco Flour or Corn Shells Refried Beans Broccoll Florets Grapes Milk | Cheese Filled Breadsticks Marinara Sauce Key West Veggie Blend Pineapple Tidbits or Mandarin Oranges Milk | Burger Bar Cheeseburger Tator Tots Juice or Craisins Milk | Big Daddy Pizza Side Salad Sidekick Frozen Juice or Pears Milk |

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| August 18 | | | | | | | September 18 | | | | | | | October 18 | | | | | | | November 18 | | | | | | | December 18 | | | | | | | | | | | | |
|-----------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|----|----|----|----|----|--|
| 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 | | | | | | |
| | | | 1 | 2 | 3 | 4 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
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| 26 | 27 | 28 | 29 | 30 | 31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Follow the menu with its calendar day. 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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