

**OTSEGO Jr High and High School 2019-2020 Breakfast**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>Thursday</b>	<b>Friday</b>
Egg, Cheese, Bacon Breakfast Stick Craisins, Juice Milk	Breakfst Burrito or Pancake on a Stick Apple Slices Juice Milk	Dutch Waffle or Apple Breakfast Stick Pears Juice Milk	Breakfast Pizza or Sausage, Egg & Cheese Sandwich Peach Cup Juice Milk	Donuts Applesauce Juice Milk

**News**  
 Students: \$1.50  
 Reduced: \$.30  
 Free: No Cost  
 Adults: \$1.50

Also available daily: Breakfast Cereal Bars, Pop Tarts and Cereal Bowls

Menus subject to change.

\*This institution is an equal opportunity provider\*

Follow the menu with its calendar dav.  
 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.

OTSEGO Jr. High Lunch A & B Lines 2019-2020

MONDAY							TUESDAY							WEDNESDAY							Thursday							Friday						
<b>A: BBQ Pork on WG Bun</b> Crinkle or Sweet Potato Fries Pears or Peaches, Milk <b>B: Chicken Tenders</b> Crinkle or Sweet Potato Fries Garlic Bread, Fruit & Milk							<b>A: Fiesta</b> Refried Beans Apples, Grapes, Milk <b>B: Nacho's w/ Creamy Cheese</b> Refried Beans Apples, Grapes & Milk							<b>A: Knight's Bowl</b> Broccoli , Dinner Roll Applesauce, Strawberries Milk <b>B: Cheese Filled Breadsticks</b> Broccoli, fruit, milk							<b>A: BBQ Rib</b> Crinkle Fries Apples, Bananas, Milk <b>B: Burger Bar</b> Crinkle Fries Apples, Bananas, Milk							<b>A: Chicken Drumstick or Salisbury Steak, Green Beans</b> Mashed Potatoes, Gravy Juice, Pears, Milk <b>B: Big Daddy Pizza,</b> Green Beans, Fruit, Milk						
<b>A: Pork Chop on WG Bun</b> Fries Peach Cup , Applesauce, Milk <b>B: Fiesta Bowl, Nacho Chips</b> Carrots, Fruit & Milk							<b>A: Beef or Chicken Philly</b> Broccoli, Oranges, Milk <b>B: Beef or Chicken Tacos</b> Refried Beans, Oranges Pear cup, Milk							<b>A: Sweet &amp; Sour or General Tso Chicken, WG Rice</b> Far East Veg, Pineapple Milk <b>B: Cheese Filled Breadsticks</b> Far East Veg, Fruit & Milk							<b>A: Spaghetti w/ Meat Sauce</b> Side Salad, Garlic Bread Grapes, Apple, Milk <b>B: Burger Bar</b> Crinkle Fries Grapes, Apple, Milk							<b>A: New Rodeo Burger</b> Fries, Carrots, Celery Sidekick Juice, Applesauce Milk <b>B: Fiesta</b> fresh veggies, fruit & milk						
<b>A: Brunch for Lunch</b> French Toast, Tator Tots Dragon Punch, Applesauce Milk <b>B: Reg or Spicy Chicken Patty</b> Tator Tots, Fruit, Milk							<b>A: French Bread Pizza</b> Side Salad, Apples, Milk <b>B: Dorito Walking Taco</b> Refried Beans, Baby Carrots Apples, Milk							<b>A: Knight's Bowl</b> Broccoli , Dinner Roll Grapes, Juice Milk <b>B: Cheese Filled Breadsticks</b> Broccoli, fruit, milk							<b>A: Chicken Alfredo</b> Side Salad, Garlic Bread Banana, Milk <b>B: Burger Bar</b> Fries, Banana Milk							<b>A: Fish Sandwich or Grilled Chicken Sandwich</b> Cole Slaw, Baked Beans, Fruit Cocktail, Milk <b>B: Big Daddy Pizza,</b> Green Beans, Fruit, Milk						
<b>A: Macaroni &amp; Cheese</b> Side Salad, Strawberries Milk <b>B: Chicken Tender Sub</b> Crinkle Fries Strawberries, Milk							<b>A: Calzone</b> Baby Carrots Sidekick Juice, Milk <b>B: Nacho's w/ Creamy Cheese</b> Refried Beans Sidekick Juice, Milk							<b>A: Sweet &amp; Sour or General Tso Chicken, WG Rice</b> Far East Veg, Pineapple Milk <b>B: Cheese Filled Breadsticks</b> Far East Veg, Fruit & Milk							<b>A: New Meatless Chili</b> Breaded Mozzarella Sticks Pears, Milk <b>B: Burger Bar</b> Crinkle Fries Pears, Milk							<b>A: Beef or Chicken Philly</b> Roasted Veggies, Fries Applesauce, Milk <b>B: Big Daddy Pizza,</b> Side Salad, Applesauce Milk						
<b>A: Chicken Alfredo</b> Side Salad, Peach Cup, Milk <b>B: Chicken Sandwiches</b> on WG Bun, Reg, Spicy or New Parmesan Salad, Fruit, Milk							<b>A: New Smokehouse Chicken</b> Sandwich on WG Bun Carrots & Celery, Side Kick Milk <b>B: Beef or Chicken Tacos</b> Refried Beans, Fruit & Milk							<b>A: Knight's Bowl</b> Broccoli , Dinner Roll Juice Milk <b>B: Cheese Filled Breadsticks</b> Broccoli, fruit, milk							<b>A: Meatball Sub on WG Bun</b> Fries, Broccoli Applesauce, Milk <b>B: Burger Bar</b> Fries, Broccoli Applesauce, Milk							<b>A: Mini Corn Dogs</b> New Chili Cheese Fries Pears Milk <b>B: Big Daddy Pizza,</b> Salad, Pears, Milk						
<b>August 19</b> Su M Tu W Th F Sa 4 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 31							<b>September 19</b> Su M Tu W Th F Sa 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30							<b>October 19</b> Su M Tu W Th F Sa 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 31							<b>November 19</b> Su M Tu W Th F Sa 3 4 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							<b>December 19</b> Su M Tu W Th F Sa 1 2 3 4 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 31						
<b>January 20</b> Su M Tu W Th F Sa 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 31							<b>February 20</b> Su M Tu W Th F Sa 2 3 4 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							<b>March 20</b> Su M Tu W Th F Sa 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31							<b>April 20</b> Su M Tu W Th F Sa 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							<b>May 20</b> Su M Tu W Th F Sa 3 4 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 31						

**News**  
 Students: \$3.10  
 Reduced: \$4.00  
 Free: No Cost  
 Adults: \$3.10

**Lunch Options:**  
 Grab & Go Salads & Sandwiches  
 available daily.

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.

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 each week is represented by a color  
 and represents a five week cycle.

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Any questions or concerns, please call Jeanne Jeffers at 419-823-4381 ext 1104 or email [jeffers@otsegoknights.com](mailto:jeffers@otsegoknights.com)