OTSEGO Jr High 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 Potaoes w/ Gravy Green Beans, Warm Breadstick Sidekick Frozen Juice Milk
Calzone Broccoli Florets Cauliflower Diced Peach Cup Milk	Beef or Chicken Philly w/ Roasted Peppers & Onions Boston Baked Beans Apple Slices Milk	Asian Day General Tso Chicken or Sweet & Sour Chicken Rice, Far East Blend Veggie 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 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 Milk
Sub Day Turkey or Ham Celery, Carrots & Broccoli Frozen Peach Cup 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	Hot Dog Boston Baked Beans Baby Carrots Grapes Milk	Asian Day General Tso Chicken or Sweet & Sour Chicken Rice, Far East Blend Veggie 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

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	

September 18

Su	M	Tu	W	Th	F	Sa
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30						

October 18

Su	M	Tu	W	Th	F	Sa
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 18

Su	M	Tu	W	Th	F	Sa
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December 18

Su	M	Tu	W	Th	F	Sa
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23	24	25	26	27	28	29
30	31					

January 19

Su	M	Tu	W	Th	F	Sa
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 19

Su	M	Tu	W	Th	F	Sa
					1	2
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24	25	26	27	28		

March 19

Su	M	Tu	W	Th	F	Sa
					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 19

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				

May 19

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	

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 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.

"USDA is an equal opportunity providerr"

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