

January 2024 Menu

Brooklyn, Netherwood Knoll,
Prairie View, Forest Edge

Monday

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**NO
SCHOOL**

Tuesday

2

Breakfast:
French Toast Bites
Chilled Peaches
Applesauce Cup
Milk

Lunch:
Popcorn Chicken w/ Goldfish
Or
Cheese Quesadilla

Steamed Broccoli
Sunbelievable Slushie
Chilled Pears
Applesauce Cup
Milk

Wednesday

3

Breakfast:
Apple Frudel
Mango
Assorted Juice
Milk


Lunch:
Cheeseburger on a Bun
Or
Mini Corn Dogs

Sweet Corn
Mango Wango Juice
Blueberries
Mixed Fruit
Milk

Thursday

4

Breakfast:
Berry Patch Smoothie
Chilled Pears
Mixed Berry Cup
Assorted Crackers
Milk

Lunch:
 Four Cheese Pizza
Or
Walking Tacos (Local Beef)

Fiesta Beans
Green Beans
Craisins
Strawberry Cup
Milk

Friday

5

Breakfast:
Mini Cinni
Mixed Fruit
Milk

Lunch:
Chicken Patty on a Bun
Or
Ravioli in Sauce

Cherry Tomatoes
Steamed Broccoli
Tropical Fruit Salad
Rainbow Fresh Fruit
Breadstick
Milk


Breakfast: 8

Mini Pancakes
Applesauce Cup
Milk

Lunch:
Chicken Tenders
Or
Macaroni & Cheese

Carrot Coins
Radishes
Chilled Pears
Rainbow Fresh Fruit
Assorted Crackers
Milk

Breakfast: 9

 Breakfast Round
4oz Local Yogurt
Chilled Peaches
Milk

Lunch:
Hot Dog on a Bun
Or
Pizza Sticks w/ Dipping Sauce

Steamed Broccoli
Baby Carrots w/ Hummus
Blue Raspberry-Lemon Slushie
Rainbow Fresh Fruit
Milk

Breakfast: 10

Maple Pancake Wrap
Mango
Milk

Lunch:
Cheese Omelet w/ French Toast
Sticks
Or
Cheese Omelet w/ Pancakes

Tater Tots
Sunbelievable Slushie
Pineapple Tidbits
Rainbow Fresh Fruit
Milk

Breakfast: 11

Muffin
Chilled Pears
Milk

Lunch:
Meatballs in Marinara w/
Rotini
Or
Fish Sandwich

Steamed Cauliflower
Cherry Tomatoes
Mixed Fruit
Rainbow Fresh Fruit
Milk

Breakfast: 12

Breakfast Pizza
Mixed Fruit
Milk

Lunch:
Pepperoni Pizza
Or
Bratwurst on a Bun

Steamed Broccoli
Cucumber Slices
Mandarin Oranges
Rainbow Fresh Fruit
Milk

Harvest of the Month: Beets

Fast Facts:

Beets are a vegetable that can come in many colors: purple, white, and gold. In Wisconsin, beets grow from June through October. They can be eaten raw, baked, boiled, or made into juice



This symbol indicates
local foods!

You must take at least ½
cup fruit or vegetable with
breakfast and lunch!

Offered Daily at Breakfast:
Cereal Bowl
Cereal Bar
String Cheese
Rainbow Fresh Fruit

Free & Reduced Price Meal Application

Reminder: You may apply for Free/Reduced Meals at
any point in the school year.

Online and Paper Applications available at:
<https://www.oregonsd.org/Page/88>

Questions?

Contact Food Service at:
osdmeals@oregonsd.net
608-835-4036

The Oregon School District is an equal opportunity
provider. Menus are subject to change.

Monday

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**NO
SCHOOL**

Tuesday

16

Breakfast:
French Toast Bites
Chilled Peaches
Milk

Lunch:
Mini Corn Dogs
Or
Spicy Chicken Patty on a Bun

Crunchy Celery Sticks
Refried Beans
Apricot Cups
Rainbow Fresh Fruit
Milk

Wednesday

17

Breakfast:
Sunshine Sandwich
(Egg, Cheese, & Sausage on a
Bun)
Mango
Milk

Lunch:
Pizza Sticks w/ Dipping Sauce
Or
Turkey & Cheese Sub

Sweet Potato Fries
Baby Carrots
Applesauce Cup
Rainbow Fresh Fruit
Milk

Thursday

18

Breakfast:
Berry Patch Smoothie
Chilled Pears
Assorted Crackers
Milk


Lunch:
Cheesburger on a Bun
Or
Hot Ham & Cheese Sandwich

Mashed Potatoes
Green Pepper Slices
Craisins
Rainbow Fresh Fruit
Milk

Friday

19

Breakfast:
Mini Cinni
Mixed Fruit
Milk

Lunch:
 French Bread Pizza
Or
Breakfast Box (Local Yogurt,
Muffin, String Cheese, & Grapes)

Romaine Lettuce Salad
Shredded Carrots
Chilled Peaches
Rainbow Fresh Fruit
Milk

Did You Know?

Smaller beets are
sweeter than larger ones!

Challenge

Beet juice can be
used as a red dye.
Try painting a picture
using beet juice.

Joke of the Month:

Why do beets always win?

They are un-beet-able.

Breakfast: 22

Mini Pancakes
Applesauce Cup
Milk

Lunch:
Grilled Cheese Sandwich
Or
Crunchy Fish Sticks

Tomato Soup
Baby Carrots
Pineapple Tidbits
Rainbow Fresh Fruit
Milk

Breakfast: 23



Breakfast Round
4oz Local Yogurt
Chilled Peaches
Milk

Lunch:
Four Cheese Pizza
Or
Corn Dog

Green Beans
Rainbow Carrots
Mandarin Oranges
Rainbow Fresh Fruit
Milk

Breakfast: 24

Maple Pancake Wrap
Mixed Berry Cup
Milk

Lunch:
Cheese Omelet w/ Waffles
Or
Cheese Omelet w/ Pancakes

Tater Tots
Dragon Punch Juice
Hot Cinnamon Apple Slices
Rainbow Fresh Fruit
Milk

Breakfast: 25

Muffin
Chilled Pears
Milk

Lunch:
Chicken Nuggets
Or
Cheese Quesadilla

Fiesta Beans
Cucumber Slices
Chilled Pears
Rainbow Fresh Fruit
Milk

Breakfast: 26

Breakfast Pizza
Mixed Fruit
Milk

Lunch:
Bosco Sticks w/ Dipping Sauce
Or
Hot Dog on a Bun

Sweet Corn
Broccoli Florets
Craisins
Rainbow Fresh Fruit
Milk

Breakfast: 29

Mini Blueberry Waffles
Applesauce Cup
Milk

Lunch:
Bratwurst on a Bun
Or
Ravioli in Sauce

Steamed Cauliflower
Cucumber Slices
Chilled Peaches
Rainbow Fresh Fruit
Milk

Breakfast: 30

French Toast Bites
Chilled Peaches
Milk

Lunch:
Chicken Patty on a Bun
Or
BBQ Pork on a Bun

Cherry Tomatoes
Green Beans
Tropical Fruit Salad
Rainbow Fresh Fruit
Milk

Breakfast: 31

Apple Frudel
Mixed Berry Cup
Milk

Lunch:
Grilled Chicken Sandwich
Or
Three Cheese Calzone

Steamed Broccoli
Assorted Fresh Veggies
Blueberries
Rainbow Fresh Fruit
Milk