

# Mio AuSable School District Lunch Menu

**LUNCH IS FREE TO ALL STUDENTS!**

Mio AuSable has a four-week menu cycle for lunch. Dates with no color indicate no school. The colors on the calendar indicate each week's cycle menu. **Due to disruptions in the food supply chain, every effort will be made to provide the students with the published menu items.**

Mon Tues Wed Thurs Fri

Aug / September 2023				
28	29	30	31	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

October 2023				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

November 2023				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

December 2023				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

January 2024				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

Mon Tues Wed Thurs Fri

February 2024				
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

March 2024				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

April 2024				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

May 2024				
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

June 2024				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

## Cycle Week 1

**Monday**  
Pepperoni or Cheese Pizza  
Steamed Corn  
Fresh Cucumbers

**Tuesday**  
Hot Dog or Coney Dog  
Fries  
Fresh Peppers

**Wednesday**  
Honey BBQ Rib w/Bun  
Baked Beans  
Fresh Carrots

**Thursday**  
Chicken Nuggets  
Breadstick  
Sweet Potato Puffs  
Fresh Peppers

**Friday**  
Mini Pepperoni Calzonettes  
Steamed Broccoli  
Fresh Carrots

## Cycle Week 2

**Monday**  
Pulled Pork bbq w/bun  
Cheesy Potatoes  
Fresh Broccoli

**Tuesday**  
Mega Minis Chicken  
Breadstick  
Steamed Green Beans  
Fresh Cucumbers

**Wednesday**  
Walking Taco w/salsa  
Refried Beans  
Fresh Peppers

**Thursday**  
Stromboli  
Steamed Carrots  
Fresh Broccoli

**Friday**  
Pizza  
Steamed Corn  
Fresh Green Peppers

## Cycle Week 3

**Monday**  
Cheese Burger  
Fries  
Fresh Cucumbers

**Tuesday**  
Mini Corn Dogs  
Baked beans  
Fresh Carrots

**Wednesday**  
Rotini pasta w/sauce  
Breadstick  
Steamed Broccoli  
Fresh Cucumbers

**Thursday**  
Chicken Nuggets  
Breadstick  
Steamed Corn  
Fresh Carrots

**Friday**  
Bosco Stick w/marinara  
Steamed Peas  
Fresh Broccoli

## Cycle Week 4

**Monday**  
Chicken Tender Strips  
Breadstick  
Scalloped Potatoes  
Fresh Broccoli

**Tuesday**  
Sloppy Joe  
Baked Beans  
Fresh Cucumbers

**Wednesday**  
Chicken Stir Fry w/rice  
Steamed Broccoli  
Fresh Peppers

**Thursday**  
French Toast Bites  
Sausage  
Hashbrowns  
Fresh Cucumbers

**Friday**  
Buffalo Chicken or Cheese Pizza  
Steamed Carrots  
Fresh Peppers



**100% Fruit Juice available Tuesday & Thursday**

**Condiments Available:** 1 per entre  
Ketchup      Mustard      BBQ Sauce  
Ranch Dressing      Syrup      Marinara Sauce  
Salsa      lt. Mayo  
Italian Dressing

**A student lunch consists of entre, 2 choices of fruit and/or vegetable, and milk**

### Additional Entre Choice:

Student Chef Salad w/Dinner Roll  
Chicken Pattie on a Bun (Mon. Tues. & Wed.)  
Hamburger Pattie may be used as a substitution  
PBJ Uncrustable Sandwich (Thurs. & Friday)

Choice of 1% Flavored or 1% White Milk



All meal plans include one milk, additional milk is .60 cents.

Menu is subject to change without notice.

This institution is an equal opportunity provider and employer.

# Mio AuSable School District Breakfast Menu 2023-2024

## FREE BREAKFAST FOR ALL STUDENTS!

*Breakfast is served in both the East and West Cafeterias  
From 7:30 a.m. to 8:20 a.m.*

Eating breakfast gives your brain energy to think clearly in your classes and gets you “charged up” for the day.

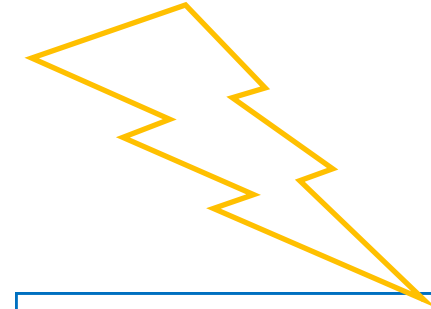
**Available Daily:  
Assorted Cold Cereals**

*Please note:  
Menu is subject to  
Change without  
notice.  
Cornbread and/or  
Graham crackers  
may be substituted  
by another whole  
grain item if neces-  
sary.*

Students are instructed to choose 3 - 4 items from the three food groups (grain, fruit, milk) and must take a fruit.

<p><b><u>Monday</u></b> Egg &amp; Cheese Omelet Cornbread</p> <p><b><u>Tuesday</u></b> Sausage Breakfast Pizza</p> <p><b><u>Wednesday</u></b> Pancake/Sausage Wrap</p> <p><b><u>Thursday</u></b> Whole Grain Donuts or Yogurt w/Granola</p> <p><b><u>Friday</u></b> Bacon Breakfast Pizza</p>
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Choice 1% Flavored, or  
1% White Milk



School breakfast provides 1/4 of your child’s daily nutrition needs and research shows breakfast provides fuel for school and boosts brain power and best of all, it’s **FREE!**

Encourage your child to join us every day for school Breakfast!

FRUIT / 100% FRUIT  
JUICE  
OFFERED DAILY

\*Our daily breakfast and lunch meets all Federal requirements.