

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

August/September 2024

26	27	28	29	30
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

September/October 2024

30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November 2024

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

December 2024

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

January 2025

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

Mon Tues Wed Thurs Fri

February 2025

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

March 2025

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

April 2025

31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

May 2025

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

June 2025

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

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
Mashed 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
Chicken Quesadilla
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 2024-2025

FREE BREAKFAST FOR ALL STUDENTS!

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.

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

Monday

Egg & Cheese Omelet
Cornbread

Tuesday

Sausage Breakfast Pizza

Wednesday

Pancake/Sausage Wrap

Thursday

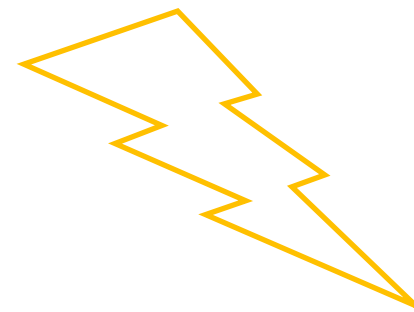
Whole Grain Donuts or
Yogurt w/Granola

Friday

Bacon Breakfast Pizza

Students are instructed to choose 3 - 4
items from the three food groups
(grain, fruit, milk) and must take a
minimum of 1/2 c. fruit.

Choice 1% Flavored, or
1% White Milk



School breakfast pro-
vides 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.