Fats: Eating the Right Amounts!

Although eating adequate amounts of fat is an important part of a healthy diet, it is true that many children today do eat too much of it. Excess fat in a child’s diet may lead to weight gain and later in life, may lead to heart disease and diabetes. Here are some ways to keep fat intake within the recommended ranges:

- Stick to foods naturally low in fat, such as fruits and vegetables, whole grains, lean meats and fish, as well as low-fat dairy products.
- Pack meals for family outings instead of going to fast-food restaurants.
- Encourage children to include salads when dining out and to choose foods that are baked, grilled, or steamed.

The most effective way to learn about healthy eating habits is to make nutritious food a priority in our lives by learning how to prepare healthy meals and snacks. Having an entire family who is devoted to nutrition will help anyone establish sensible eating habits and learn about a healthy lifestyle.

Monday
February 17
NO SCHOOL

Tuesday
February 18

Breakfast
22 Turkey Sausage Pizza Truffle
14 Applesauce Cup

Lunch
16 Fish Sticks
2 Fresh Grape Tomatoes
16 Cheesy Potatoes
20 Breadstick
14 Chilled Diced Peas
51 sandwich box: Turkey Deli Sandwich, Fresh Grape Tomatoes, X-Ray Vision Carrots, Chilled Diced Peas
29 Cereal: Diced Eggs V
White American, Lettuce & Spinach Mix, Broth
86 Roasted Red Pepper Hummus Box V

Wednesday
February 19

Breakfast
57 Glazed Dutch Waffle
21 Iced Strawberry Cup

Lunch
36 Crispy Chicken Patty on a Bun
2 Fresh Zucchini Slices
22 Savory Butternut Squash
23 Fresh Banana
7 Sandwich Box: Pomegranate & White American Sandwich, Fresh Grape Tomatoes, Fresh Zucchini Slices, Fresh Banana
41 Salad: Roasted Turkey, Metamorph, Lettuce & Spinach Mix, Broth, Tea
79 Roasted Red Pepper Hummus Box V
72 Roasted Red Pepper Hummus Box V

Thursday
February 20

Breakfast
6 Warm Biscuit with PB & J
0 Sausage Patty
23 Fresh Bananas

Lunch
40 Beef & Bean Burrito
3 with Cheese Sauce
7 X-Ray Vision Carrots
0 Go Green! Fresh Spinach Salad
14 Fresh Orange Smiles
49 Sandwich Box: Pomegranate & White American Sandwich, Fresh Grape Tomatoes, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles
31 Salad: Chicken Cesar, Lettuce & Spinach Mix, Caesar dressing, Broth
74 Roasted Red Pepper Hummus Box V

Friday
February 21

Breakfast
30 Warm Pancakes
28 with Maple Syrup

Lunch
16 Chicken Nuggets
4 X-Ray Vision Carrots
37 Homemade Baked Beans
13 Chilled Applesauce
56 Sandwich Box: Blueberry Sandwich, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad
29 Salad: Turkey, White American, Lettuce & Spinach Mix, Broth

Nutrition Facts
Amount Per Serving (Week Avg.)
Serving Size 1 Meal
Calories 622
Fat Calories 20 cal 28%
Saturated Fat Calories 2 cal 3%
Cholesterol 97 mg 65%
Sodium 2041 mg 82%
Calcium 507 mg 137%
Iron 3 mg 114%
Total Carbohydrate 310 gm 182%
Dietary Fiber 7 gm 28%
Sugars 34 gm 34%
Protein 25 gm 15%

**Condiments are included.

Check out the menu
made. We appreciate
changes have to be

Monday February 17

President's Day

Monday February 17

NO SCHOOL

Breakfast
26 Blueberry Muffin Top
20 Vanilla Bear Graham
14 Applesauce Cup

Lunch
39 Country Beef Cutlet on a Bun
16 Western Beans
18 Baked School Fries
20 Iced Mixed Fruit Cup
65 Sandwich Box: Smoked Turkey & Mozzarella Sandwich, X-Ray Vision Carrots, Fresh Grape Tomatoes, Fresh Mixed Fruit Cup, Whole-grain Whaletail
33 Chef Salad: Grilled Chicken Strips, White American, Lettuce & Spinach Mix, Broth
77 Roasted Red Pepper Hummus Box V

Breakfast
28 Cinnamon Glazed French Toast
13 Fresh Delicious Apple Slices

Lunch
35 Rotini with Italian Meat Sauce or Marinara Sauce & 7 X-Ray Vision Carrots
0 Go Green! Fresh Spinach Salad
23 Fresh Banana
58 Sandwich Box: Turkey Deli Sandwich, X-Ray Vision Carrots, Fresh Green Fresh Spinach Salad, Fresh Banana
29 Cereal: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, Broth
82 Roasted Red Pepper Hummus Box V

Lunch
32 Fish Wedge on a Bun
0 Go Green! Fresh Spinach Salad
16 Golden Corn
14 Orange Fresh Smiles
62 Sandwich Box: Pomegranate & White American Sandwich, X-Ray Vision Carrots, Go Green! Fresh Spinach Salad, Fresh Orange Smiles
31 Salad: Chicken Caesar, Cesar dressing, Broth
72 Roasted Red Pepper Hummus Box V

Lunch
24 Cheesy Dog on a Bun
2 X-Ray Vision Carrots
2 Fresh Grape Tomatoes
23 Iced Strawberries
No Sandwich Box, No Chef Salad, or No Hummus Boxes

Lunch
30 Cheese Pizza
4 X-Ray Vision Carrots
4 Lean Mean Green Beans
13 Chilled Applesauce
No Sandwich Box, No Chef Salads, or No Hummus Boxes

This institution is an equal opportunity provider.
This information is available in alternate formats for the visually impaired. Please call 531-299-0210 for further information.

Lunch Prices
Full Paid Reduced
Elem. $1.45 $ .75
Sec. $1.75 $ .75
Adult $3.75 $ .75
Milk $ .35

Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

Visit website for nutrition information, free/reduced applications and more about our program at http://district.ops.org! Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8989. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

Nutrition Facts
Amount Per Serving (Week Avg.)
Serving Size 1 Lunch per Day
Calories 3106
Fat Calories 20 cal 6%
Saturated Fat Calories 2 cal 3%
Cholesterol 34 mg 34%
Sodium 3106 mg 129%
Calcium 507 mg 157%
Iron 3 mg 111%
Total Carbohydrate 27 gm 92%
Dietary Fiber 7 gm 28%
Sugars 31 gm 31%
Protein 25 gm 15%

**Condiments are included.

Check out the menu
made. We appreciate
changes have to be

Snow Days!
Present a real challenge and menu changes have to be made. We appreciate your understanding. Check out the menu changes on the OPS Nutrition Services website at ops.org.

Week of
Feb 17-21, 2020

Week of
Feb 24-28, 2020

Check out the menu
made. We appreciate
changes have to be

Breakfast
Offered daily: Hot Oatmeal or Cold Cereal or Yogurt & Graham Crackers or Chilled Juice

Our menu has been planned to meet federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meal/meal alternate ranges, grain ranges, and at least of the required vegetable subgroups consisting of dark green, red/orange, legumes, starchy, and other.

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