For a complete breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

The New Year is a great time to develop healthier habits. Changing them can be difficult and developing new habits takes time. Use the tips below to stay motivated and meet your goals. You can do it!

- Make changes slowly. Don’t expect to change your eating, drinking, or activity habits overnight. Changing too much too fast may hurt your chances of success.
- Figure out what’s holding you back. Are there unhealthy snacks and drinks at home that are too tempting? Do you eat more when you are bored? How can you change these habits? Asking your family to avoid purchasing unhealthy items, avoiding the junk food section at the grocery store, or going for a walk instead of mindlessly eating are options for developing healthier habits.
- Set a few realistic goals. If you’re a soda drinker, try replacing a couple of sodas with water. Once you are drinking less soda for a while, try cutting out all soda. Then, set another goal, such as getting more physical activity each day. Once you have reached one goal, add another.
- Get a support system. Ask a friend, brother or sister, parent, or guardian to help you make changes and stick with your new habits. Not only can it help you, but it can help them become healthier too!

Monday, January 6, 2020

Tuesday, January 7, 2020

Breakfast
- Glazed Dutch Waffle 57
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 20

Lunch
- Chicken Alfredo 17 with Penne 39 & a Breadcrumb 20
- Bacon Cheddar Burger on a Bun 28
- Garlic Cheese French Bread 30
- Sandwich of the Day: Turkey Deli 30
- Curly Fries 17

Wednesday, January 8, 2020

Breakfast
- Glazed Raised Donut 44
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 20

Lunch
- Breaded Spicy Chicken Patty on a Bun 43
- Cheese Quesadilla 32
- Crispy Chicken Patty on a Bun 42
- Beef Ranchero Pizza 30
- Sandwich of the Day: Pastimi & White American on a Bagel 42
- Cheesy Potatoes 15
- Golden Corn 16

Thursday, January 9, 2020

Breakfast
- Warm Biscuit 23 with Peanut Butter 3 & Jelly 13 and a Sausage Patty 0
- Iced Strawberry Cup 21
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 20

Lunch
- Beef and Bean Burrito 40 with Cheese Sauce 3
- Pepperoni Pocket 32
- Fiesta Burrito 38 with Cheese Sauce 3
- Tex Mex Mac & Cheese 38 with a Breadcrumb 20
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Steamed Green Beans

Friday, January 10, 2020

Breakfast
- Glazed Cinnamon Roll 65
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 20

Lunch
- Chicken Nuggets 16 with a Tea Roll 12
- A+ Biscuit 25
- Korean BBQ Sandwich 37
- Sandwich of the Day: Hoagie 34
- Baked School Fries 18
- Baked Beans 37
- Berry and Peach Medley 12

Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

Complimentary Breakfast is Available for All Enrolled Students in All Schools!

Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
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<td>Adult</td>
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Our menu has been planned to meet federal regulations including but not limited to the number of servings and nutritional values. Over the course of a school day, students will be offered a variety of both meat and non-meat options, including at least one serving of fruit, vegetables, whole grains, and dairy. This institution is an equal opportunity provider.

With our website for nutrition information, free/reduced applications, and more about our program at https://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 531-299-9858. 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.siliconkate.com.

Our Mission Statement: To enhance the health and well-being of our students, the students and staff of each building, by providing high-quality meals while serving healthful, balanced meals that are nutritionally complete, visually appealing, and palatable, while fairing well against federal and state standards.

This information is available in alternative formats for the visually impaired. Please call 531-299-9858 for further information.

Every Day
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- No cold 1% or fat-free milk is offered as part of every meal, but is not required to be taken. ( Cups of cold water are available, free of charge.)
- Chocolate and fruit milk are located on our Veggie Bar. They are offered with our homemade low-fat, low-calorie chocolate milk.
- To enhance the health and well-being of our students, the students and staff of each building, by providing high-quality meals while serving healthful, balanced meals that are nutritionally complete, visually appealing, and palatable, while fairing well against federal and state standards.
- This institution is an equal opportunity provider.

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.siliconkate.com.
Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

### Breakfast & Lunch Menu

For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

It’s true, snacking is important! They help provide the nutrients you need to grow and maintain a healthy weight. Snacks are meant to provide energy and nutrients to hold you over until the next meal and is not meant to be a big meal. Snacks can be part of a healthy diet as long as you choose the right foods. Use this acronym to help become a healthier snacker.

S- Smaller Portions. Use the Nutrition Facts Label to determine the correct serving size to eat. Keep your snacks small.

N- Not in front of electronics. Eat snacks away from distractions, so you don’t overeat.

A- Am I really hungry? Ensure you are not eating out of boredom or out of habit.

C- Choose nutrient-dense foods. Eat nuts, fruits, veggies, whole grain foods, and low-fat dairy.

K- Keep it in the kitchen. Eat at the table and be aware of how much you are eating.

S- Sit down, slow down, savor, and enjoy! Take your time and enjoy your food.

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### Monday, January 13, 2020

**Breakfast**
- Blueberry Muffin Top 26 with a | Vanilla Bear Graham 20
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or Chilled Yogurt Bar or Hot Boiled Eggs 2 and Vanilla Bear Graham 20
- Country Beef Cutlet on a Bun 45
- Chicken and Cheese Taquitos 30
- Oven Baked Chicken 5 with a | Mini Cornbread Muffin 29
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Baked School Fries 18
- Western Beans 16

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### Tuesday, January 14, 2020

**Breakfast**
- Cinnamon Glazed French Toast 34
- Hot Peach Oatmeal 23 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or Chilled Yogurt Bar or Hot Boiled Eggs 2 and Vanilla Bear Graham 20
- Rotini 33 with | Italian Meat Sauce 9 or Marinara Sauce 8
- and Garlic Cheese Bread 14
- Mini Corn Dogs 31
- Grilled Buffalo Chicken Salad 8 with a | Breadstick 20
- Garlic Bread 14
- Sandwich of the Day: Turkey Deli 42
- Steamed Green Beans 4

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### Wednesday, January 15, 2020

**National Bagel Day!**
- Fish Wedge on a Bun 39
- Cheese Biscuits 25 with Pasta Sauce 1/4
- Popcorn Chicken 15 with a | Breadstick 20
- Sandwich of the Day: Pastrami and White American on a Bagel 42
- Steamed Peas 11
- Sweet Potato Fries 19

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### Thursday, January 16, 2020

**National Hat Day!**
- Cheesy Dog on a Bun 31
- Baked Potato 37 with | Pulled Pork 21 and Cheese 3
- and | Tea Rolls 12
- Pepperoni Pizzeria Style Pizza 28
- Hotdog on a Bun 28
- Cheese Pizzeria Style Pizza 27
- Sandwich of the Day: Turkey & American 41
- Baked Potato 37
- Steamed Fresh Broccoli 2

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### Friday, January 17, 2020

**Breakfast**
- Oatmeal Chipper Breakfast Round 43
- Iced Apricot Cup 25
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or Chilled Yogurt Bar or Hot Boiled Eggs 2 and Vanilla Bear Graham 20
- Hearty Chik 23 with | Toasted Cheese Sandwich 40
- Pork Tenderloin on a Bun 44
- Breaded Chicken Parmesan Sandwich 45
- Sandwich of the Day: Classic 29
- Golden Corn 16

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**Menu Key:**
- Localized Grown
- Meatless Item
- Spicy
- New Item
- Vegan

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**Lunch Prices**

<table>
<thead>
<tr>
<th>Item</th>
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<th>Reduced</th>
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**Sneak Peek!**

- **Monday, January 13, 2020:**
  - Blueberry Muffin Top 26 with a vanilla bear Graham 20
  - Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 or Chilled Yogurt Bar or Hot Boiled Eggs 2 and Vanilla Bear Graham 20

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**Our Mission Statement:** To enhance the health and wellness of our students, the students and staff of each building, by providing high quality meals accompanied by high quality service.

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**Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!**

- Saratoga
- Aurora
- Litchfield
- Wisner-Pilcher
- Elkhorn
- Holmes
- Zedick
- Waverly
- Seward

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**Visit our website for nutrition information, free/low-cost applications and more about our program at [http://district.ops.org](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 531-299-0855. School lunch money may be transferred to other accounts, carried over to the next school year, or refunded.**

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**Our School Dinner Menu includes fresh fruits and vegetables, whole grain bread and cereals, low-fat dairy, and lean protein.**

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**Shaping our Future Students.**

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**Note:** If there are any changes, updates or any other information that you would like included in future menus, please contact your school’s cafeteria manager for details. To eliminate excess trash and recycling waste, we accept on-site payments at [www.schoolcafe.com](http://www.schoolcafe.com).