Senior High
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.

October is National Vegetarian Awareness Month. Many individuals choose to follow a vegetarian diet for a variety of reasons. This can be a healthy lifestyle if you know how to incorporate all of the food groups and necessary nutrients.

- Vegetarian sources of protein come from beans, lentils, peas, soy, and nuts. Some vegetables are lacto-ovo, meaning they eat eggs and dairy, which also provides protein.
- It is important to find good sources of calcium, especially for teenage vegetarians whose bones are still developing. Fortified orange juice and soymilk, fortified breakfast cereals, and dark greens are good choices.
- Vitamin B12 is primarily in animal products, so vegetarians need to select foods fortified with this vitamin such as certain soy products or breakfast cereals.
- Your cafeteria offers numerous vegetarian items every day! The list includes Yogurt Parfaits, Italian Falafel Subs, Santa Fe Chippers, Cheese and Veggie Pizza, Bean & Cheese Burritos, Peanut Butter & Jelly Sandwiches, and much more!

Monday, October 7, 2019

Breakfast
- Glazed Dutch Waffle 57
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

Lunch
- Meat Lovers Personal Pan Pizza 30
- Cheeseburger on a Bun 27
- Cheesy Garlic Flatbread 33
- Hamburger on a Bun 26
- Sandwich of the Day: Turkey Deli 30
- Peppin Up Potatoes E27

Tuesday, October 8, 2019

Breakfast
- Breakfast Potato Casserole 23 & A Warm Biscuit 23
- Iced Apricot Cup 25
- Hot Peach Oatmeal 23 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

Lunch
- A Veggie Pizza 39
- Buffalo Chicken Munchins 20 with Tea Roll 12
- A+ Hamburger Pizza 37
- Sloppy Joe Sandwich 39
- Sandwich of the Day: Smoked Turkey & Mozzarella 40
- Green Beans 4

Wednesday, October 9, 2019

Breakfast
- Warm Biscuit 23 with Peanut Butter 3 & Jelly 15 & Sausage Patty 18 or Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or Hard Boiled Eggs 2 and Vanilla Bear Graham 21

Lunch
- Breaded Spicy Chicken Patty on a Bun 43
- A+ Biscuit 25
- Crispy Chicken Patty on a Bun 42
- Homestyle Meatloaf 1 with Breadsticks 40
- Sandwich of the Day: Turkey & American Ciabatta 33
- Whipped Potatoes with Beef Gravy 4
- Steamed Carrots 6

Thursday, October 10, 2019

Breakfast
- No School

Lunch
- No School

Friday, October 11, 2019

Breakfast
- No School

Lunch
- No School

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

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

Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Price</th>
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<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
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Visit our website for nutritious information, free/reduced applications, and more about our program at http://nutrition.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 531-299-8639. 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.operationsops.com.

Every Day
- Seasonal fresh fruits are offered daily, including apples, orange, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- For cold 1% 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.)

Daily Lunch Options
- Yogurt Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian alternate choices offered daily.
- Roasted Red Pepper Hummus and Sante Fe Chippers are vegetarian alternate choices offered daily.
- Assorted fresh vegetables are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

- The Hamburger and Cheeseburger is offered with lettuce and tomato!
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Breakfast & Lunch Menu

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Not all fats are bad—in fact, we need to eat a certain amount of fat every day for normal growth and development. Dietary fat helps with many different bodily functions which include:

- Providing long-lasting energy.
- Helping you feel full after eating.
- Helping make hormones.
- Forming part of your brain and nervous system.
- Transporting vitamins throughout your body.
- Helping to regulate your body temperature.

There are four main types of dietary fat—monounsaturated, polyunsaturated, saturated, and trans fat. Unsaturated fats are healthier fats, while saturated and trans fats are fats to consume less of. Good sources of unsaturated fats include olive oil, peanut butter, avocados, almonds, soybeans, and canola oil.

### Monday, October 14, 2019

**Breakfast**
- Blueberry Muffin Top 26 with **V**
- Cinnamon Oatmeal 21
- Apple Oatmeal Bars 48 or **C**
- Chilled Yogurt Bar or **B**
- Hard Boiled Eggs 2 and **V**

**Lunch**
- Country Beef Cutlet on a Bun 45
- Stacked Enchiladas 38 with **S**
- Tortilla Chips 9
- Oven Fried Baked Chicken 5 with **B**
- Breadstick 20
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Baked School Fries 18
- Western Beans 16
- **S**
- **B**
- **C**
- **V**

### Tuesday, October 15, 2019

**Breakfast**
- Cinnamon Glazed French Toast 34
- Hot Peach Oatmeal 23 or **A**
- Apple Oatmeal Bars 48 or **C**
- Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or **B**
- Hard Boiled Eggs 2 and **V**

**Lunch**
- Rotini 33 with Italian Meat Sauce 9 or Marinara 8 with **G**
- Garlic Cheese Bread 14
- Mini Corn Dogs 31
- Buffalo Grilled Chicken Salad 8 with **B**
- Breadstick 20 & Garlic Cheese Bread 14
- Sandwich of the Day: Turkey Deli 42
- Steamed Green Beans 4
- **S**
- **B**
- **C**

### Wednesday, October 16, 2019

**Breakfast**
- Glazed Cinnamon Roll 65
- Iced Strawberry Cup 21
- Hot Oatmeal 14 or **A**
- Apple Oatmeal Bars 48 or **C**
- Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or **B**
- Hard Boiled Eggs 2 and **V**

**Lunch**
- Fish Wedge on a Bun 39
- Cheese Breadsticks 25 with Pasta Sauce 4
- Baked Potato with Pulled Pork & Cheese 58 with **T**
- Tea Rolls 23
- Sandwich of the Day: Pastrami & White American on a Bagel 42
- Steamed Fresh Broccoli 2
- Baked Potato 37
- Sample: Fresh Pineapple 5
- **S**
- **B**
- **C**

### Thursday, October 17, 2019

**Breakfast**
- Colby Cheese Omelet 1 with **W**
- Warm Biscuit 23 or Tortilla 36
- Hot Peach Oatmeal 23 or **A**
- Apple Oatmeal Bars 48 or **C**
- Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or **B**
- Hard Boiled Eggs 2 and **V**

**Lunch**
- Cheesy Dog on a Bun 31
- Popcorn Chicken 15 with **B**
- Pizzeria Style Pepperoni Pizza 28
- Hot Dog on a Bun 28
- Pizzeria Style Cheese Pizza 27
- Sandwich of the Day: Turkey & American 45
- Sweet Potato Fries 19
- Steamed Peas 11
- **S**
- **B**
- **C**

### Friday, October 18, 2019

**Breakfast**
- Oatmeal Chipper Breakfast Round 43
- Hot Oatmeal 14 or **A**
- Apple Oatmeal Bars 48 or **C**
- Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or **B**
- Hard Boiled Eggs 2 and **V**

**Lunch**
- Hearty Chili 23 with **T**
- Toasted Cheese Sandwich 40
- Pork Tenderloin on a Bun 44
- Breaded Chicken Parmesan Sandwich 45
- Sandwich of the Day: Classic 29
- Golden Corn 16
- **S**
- **B**
- **C**

Menu Key:
- **S** - Contains Pork
- **L** - Locally Grown
- **M** - Meatless Item
- **D** - Spicy
- **N** - New Item

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This information is available in alternate formats for the visually impaired. Please contact 531-299-0300 for further information.

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

Visit our website for nutrition information, free/reduced applications, and more about our program at [http://nutrition.org](http://nutrition.org). Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0300. 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](http://www.schoolcafe.com).