Senior High
Breakfast & Lunch Menu

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

Processed foods, such as those that are canned or packaged, often have more sodium than unprocessed foods, such as fresh fruits and vegetables. Your body needs a small amount of sodium and getting too much from foods and drinks can raise your blood pressure, which is bad for your heart. As a teen, it’s important to pay attention to your blood pressure and heart health now to prevent health problems as you get older. To consume less than 2,300 mg or no more than 1 teaspoon of sodium a day. This amount includes the salt in already prepared food, as well as the salt you add when cooking or eating your food. Below are ways to reduce the amount of sodium in your foods:

- Choose fresh or frozen fruits and vegetables or canned vegetables with no added sodium.
- Try adding herbs and spices instead of salt to season your food if you make your own meals.
- If you use packaged foods, check the amount of sodium listed on the Nutrition Facts label.
- Make meals from scratch using fresh ingredients.

Monday, November 18, 2019

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

**Lunch**
- Pepperoni Pocket 32
- Cheeseburger on a Bun 27
- Garlic Cheese French Bread 30
- Hamburger on a Bun 26
- Sandwich of the Day: Turkey Deli 30
- Baked Tater Tots 14

**Tuesday, November 19, 2019**

**Breakfast**
- Breakfast Potato Casserole 23 & Warm Biscuit 23
- Iced Apricot Cup 25
- Hot Apple Oatmeal 19 or Assorted Cold Cereal
- Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Pork Tenderloin on a Bun 44
- Buffalo Chicken Munchins 20 with a Tea Roll 12
- Personal Pan Meatlovers Pizza 30
- Sandwich of the Day: Smoked Turkey & Mozzarella 40
- Golden Corn 16

**Wednesday, November 20, 2019**

**Breakfast**
- Warm Biscuit 23 with Peanut Butter 3 & Jelly 15 & Sausage Patty 0
- Hot Oatmeal 14 or Assorted Cold Cereal
- Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Breaded Spicy Chicken Patty on a Bun 43
- Biscuit 25
- Crispy Chicken Patty on a Bun 42
- Tex Mex Mac N Cheese 36 with a Breastcak 20
- Sandwich of the Day: Turkey & American Ciabatta 33
- Baked School Fries 18
- Western Beans 16
- Sample: Fresh Roasted Pumpkin

**Thursday, November 21, 2019**

**Breakfast**
- Warm Pancakes 30 with Maple Syrup 28
- Hot Apple Oatmeal 19 or Assorted Cold Cereal
- Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Creamed Turkey 7 with 2 Mini Combread 58
- Italian Falafel Sub 59
- Fish Wedge Sandwich 39
- Sandwich of the Day: Hoagie 34
- Steamed Green Beans 4
- Whipped Potatoes 15 and Gravy 5

**Friday, November 22, 2019**

**Breakfast**
- Apple Breadstick 47
- Iced Strawberry Cup 22
- Hot Oatmeal 14 or Assorted Cold Cereal
- Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46
- Chilled Yogurt Bar or Boiled Eggs 2 and Vanilla Bear Graham 21

**Lunch**
- Chicken Nuggets 16 with a Tea Roll 12
- Cheese Quesadilla 32
- Korean BBQ Sandwich 37
- Sandwich of the Day: Turkey and American 39
- Baked School Fries 18
- Iced Blueberries 9

**Every Day**

**Breakfast & Lunch**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- We cold & fat free milk is offered as part of our meal, but is not required to be taken. (Uses of cold water are available, free of charge.)

**Daily Lunch Options**
- Yogurt Parfait, Cheese Sandwich, Sunburst & Jelly Sandwiches, Peanut Butter and Jelly Sandwiches are vegetarian entire meals offered daily.
- Locally sourced fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

**Choose Less Sodium**

KITCHEN SALT

NUTRITION FACTS

Sodium

Fat

Saturated Fat

Cholesterol

Carbohydrates

Dietary Fiber

Protein

**Menu Key:**
- Locally Grown
- Meatless Item
- Spicy
- -New Item

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

**Lunch Prices**

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Visit our website for nutrition information, free/low-cost alternatives, 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 531-299-8858. 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.schoolkite.com.

**Our Mission Statement:** To enhance the health and well-being of our students, the staff and each building, by providing high-quality meals according to the highest standards of cleanliness and nutritional value.

**Our Vision Statement:** To provide a positive and healthy school environment, where students and staff can thrive.

**Our Values:**
- Commitment to Quality
- Customer Focus
- Continuous Improvement
- Accountability
- Professionalism

This information is available in alternative formats for the visually impaired. Please call 531-299-0230 for further information.

The Menu Key indicates the availability of an alternate, grain, and the vegetable subgroup consisting of dark green, leafy vegetables, legumes, and alternatives, given, and the vegetable subgroup consisting of dark green, leafy vegetables, legumes, and alternate: protein, fish, eggs, nuts, and seeds. All items are available as a meatless option, whenever available. Please call the school cafeteria when planning a visit, to ensure availability. This information is available in alternative formats for the visually impaired. Please call 531-299-0230 for further information.
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 fruit or free or low-fat milk. The best way to quench your thirst is with water or fat-free or low-fat milk. Try the below tips to make it easier to choose healthier beverages:

- Make it motivating. Treat yourself to a new water jug that is easy to refill, carry, and keeps your water the perfect temperature. Create challenges to see how many drinks can you drink in a day.
- Add flavor. Enhance the flavor of water or milk with these healthy twists. Fill an ice cube tray with water and add a flavor mix-in (mint, pineapple, raspberry) to each compartment, and freeze. You can even enhance your milk flavor by adding a pinch of cinnamon or a few drops of vanilla.
- Go for fizz. Add a little fizz from either plain seltzer or sparkling water. With zero calories, sugar, or artificial colors or flavors, this bubbly water is fun and much healthier than a soda.

Monday, November 25, 2019

**Oatmeal Chipper Breakfast Round 43**
**Or**
**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 2**

**Country Beef Cutlet on a Bun 45**
**Stacked Enchiladas 18 with 5 Tortilla Chips 9**
**Sichacha Fish Tacos 44**
**Sandwich of the Day: Smoked Turkey & Mozzarella 28**
**Baked Potato Smiles 25**
**Western Beans 16**

**Chef Salad: 33 Grilled Chicken Strips, American, Lettuce & Spinach Mix, Breadstick, & Croutons**

Tuesday, November 26, 2019

**Cinnamon Glazed French Toast 34**
**Frozen Peach Cup 19**
**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 2**

**BBQ Pulled Pork Sandwich 29**
**Mini Corn Dogs 31**
**Personal Pan Buffalo Chicken Pizza 29**
**Sandwich of the Day: Turkey Deli 42**
**Curly Fries 17**
**Apple Crisp 47**

**Chef Salad: 34 Smoked Turkey, Mozzarella, Lettuce & Spinach Mix & Tea Rolls**

Wednesday, November 27, 2019

**Thanksgiving Break No School**

Thursday, November 28, 2019

**Thanksgiving Break No School**

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

Lunch Prices

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

**Every Day**
- Most grain items are whole-grain rich.
- **Breakfast & Lunch**
  - Seasonal fresh fruits are included, including apples, oranges, bananas, and blueberries. Assorted canned or frozen fruits and 100% juice will also be available.
  - Ice cold 1% and 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, Cheesecake, Sundblom & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entire choices offered daily.**
  - **Seasoned Red Pepper Hummus and Santa Fe Chipsters are vegetarian entire choices offered daily.**

Locations: Our cafeterias are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

Visit our website for nutrition information, free/reduced applications, and more about our program at www.schoolcafe.com. This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

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