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 a vegetable.

The month of August is considered Back To School month. Summer is coming to a close and the school year is just beginning. Just a fun tidbit—approximately 78 million students (including college) go back to school every fall.

So what can you do to get out of the summer coma and focus on remote learning?

- Try going to bed 15-30 minutes earlier each night to get back into a sleep routine.
- Spend more time reading and watching less tv and video games.
- Mentally prepare for the next day.
- Set up a designated homework area in your home that is free of distractions.
- Start to re-establish school routines.
- Give yourself some time to unwind from the school day before doing homework.

It will be an exciting year filled with great learning adventures and fun-filled memories. We want you to have an Exceptional year!

**FOOD FOR THOUGHT** — Poor sleep can reduce your physical and mental performance!

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**Mon, Aug 17, 2020**

**Breakfast**

- Glazed Donut
- Apple Juice
- Iced Peach Cup
- 1% Milk

**Lunch**

- Beef Ranchero Pizza
- Corn on the Cob
- Fresh Carrot Dippers
- Fresh Watermelon
- Applesauce Cup
- Rice Krispie Treat
- Chocolate Milk

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**Mon, Aug 18, 2020**

**Breakfast**

- Glazed Donut
- Apple Juice
- Iced Strawberry Cup
- 1% Milk

**Lunch**

- Beef Ranchero Pizza
- Corn on the Cob
- Fresh Carrot Dippers
- Fresh Watermelon
- Applesauce Cup
- Rice Krispie Treat
- Chocolate Milk

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**Breakfast**

- Cinnamon Pancakes
- Apple Juice
- Iced Apricot Cup
- 1% Milk

**Lunch**

- Breaded Chicken Patty on Bun
- Fresh Broccoli
- Fresh Celery Sticks
- Iced Mixed Fruit Cup
- Applesauce Cup
- Chocolate Milk

---

**Breakfast**

- Glazed Dutch Waffle
- Orange Juice
- Fresh Apple Slices
- 1% Milk

**Lunch**

- Breaded Beef Cutlet on a Bun
- Fresh Carrot Dippers
- Fresh Broccoli
- Fresh Carrot Dippers
- Iced Mixed Fruit Cup
- Applesauce
- Applesauce Cup
- Chocolate Milk

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**Menu Key:**

- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

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**Breakfast Menu**

<table>
<thead>
<tr>
<th>Item</th>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.85</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>$0.35</td>
<td></td>
</tr>
</tbody>
</table>

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**Lunch Prices**

- Dairy: 100% juice, canned milk, and vegetable side dishes consisting of dark green, leafy vegetables, legumes, and other vegetables.

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**Menu Key:**

- Menu is subject to change without notice due to product availability

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**Meals2Go**

- As we continue to offer our Meals2Go, we will include new items into the menu. Stay tuned and we look forward to providing meals while you are home doing remote learning!
**FOOD FOR THOUGHT**

- **Red**, the red plant pigment called lycopene is a powerful antioxidant that can help keep your heart healthy, reduce the risk of cancer, and improve skin quality.
- **Purple/Blue**, the plant pigment, anthocyanin, is what gives blue/purple fruits and vegetables their distinctive color and has antioxidant properties that protect cells from damage, boosts memory, and helps fight inflammation.
- **Orange/Yellow**, Carotenoids give this group their vibrant color. Beta-carotene and lutein are types of carotenoids that are good for the eyes and promotes healthy joints.
- **Green**, Green fruits and vegetables are rich in lutein and vitamin K which is essential for bone health and boost the immune system.
- **Brown/White**, White fruits and vegetables contain a range of health-promoting phytochemicals such as allium (found in garlic and onions), which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes are good sources of potassium, which is good for muscles.

**Every Day**

- Seasonal fresh fruits and vegetables will be offered daily as they are available. Assorted canned or frozen fruits and 100% juice will may also be included in your Meals2Go.
- Ice cold 1% milk and chocolate milk is offered as part of every meal.

**Daily Lunch Options**

- As we continue to offer our Meals2Go, we will include new items into the menu. Stay tuned and we look forward to providing meals while you are doing remote learning.

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### 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.

Color your day by eating an array of fruits and vegetables. Each month in the menu will be a feature a different fruit or vegetable. Some of these you may have tried before and others may be a completely new experience for you. Whatever the case may be, enjoy Tasting It and Trying It! Fruits and Vegetables which fall into five different color categories: red, purple/blue, orange/yellow, green, and white/brown. Check out each how each color can provide important nutrition for you.

- **Red**: The red plant pigment called lycopene is a powerful antioxidant that can help keep your heart healthy, reduce the risk of cancer, and improve skin quality.
- **Purple/Blue**: The plant pigment, anthocyanin, is what gives blue/purple fruits and vegetables their distinctive color and has antioxidant properties that protect cells from damage, boosts memory, and helps fight inflammation.
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**FOOD FOR THOUGHT** – The most popular color of fruits and vegetables consumed are red and orange.

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### Monday, August 24, 2020

**Breakfast**

- Assorted Cereal
- Apple Bear Grains
- Apple Juice
- Iced Strawberry Cup
- 1% Milk

**Lunch**

- Hamburger on a Bun
- Fresh Carrot Dippers
- Fresh Broccoli
- Chilled Diced Peaches
- Fresh Apple Slices
- Chocolate Milk

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### Tuesday, August 25, 2020

**Breakfast**

- Apple Oatmeal Bar Or
- Chocolate Oatmeal Bar
- Orange Juice
- Fresh Apple Slices
- 1% Milk

**Lunch**

- Beef Ranchero Pizza
- Fresh Carrot Dippers
- Fresh Celery Sticks
- Fresh Orange Smiles
- Iced Mixed Fruit Cup
- Chocolate Milk

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### Wednesday, August 26, 2020

**Breakfast**

- Orange Crumb Muffin Top
- Vanilla Bear Grains
- Orange Juice
- Applesauce Cup
- 1% Milk

**Lunch**

- Breaded Spicy Chicken Patty on a Bun
- Fresh Cucumber Slices
- Black Bean Salsa
- Chilled Diced Pears
- Iced Strawberry Cup
- Chocolate Milk

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### Thursday, August 27, 2020

**Breakfast**

- Banana Bread
- Apple Juice
- Iced Mixed Fruit Cup
- 1% Milk

**Lunch**

- Breaded Chicken Nuggets
- Chocolate Bear Grains
- Fresh Green Pepper Strips
- School Fries
- Iced Peach Cup
- Apple Sauce Cup
- Chocolate Milk

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### Friday, August 28, 2020

**Breakfast**

- Glazed Cinnamon Roll
- Apple Juice
- Iced Peach Cup
- 1% Milk

**Lunch**

- Turkey and Cheese Sandwich
- Fresh Green Pepper Strips
- Fresh Grape Tomatoes
- Iced Strawberry Cup
- Chilled Diced Peaches
- Chocolate Milk

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### Menu Key:

- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

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### Lunch Prices

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

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**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.

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Visit our website for nutrition information, free/reduced 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 531-299-2020. 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 all new payments at www.schoolcafe.com.

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**Meals2Go:**

- Iced Peach/berry cup
- Ice cold 1% milk
- Chocolate milk
- 1% milk

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***Menus subject to change without notice due to product availability***

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