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.

As a middle and high school student, you are in control over the decisions that influence your health and wellness. Recognizing the barriers that prevent you from making healthy choices is important so you can overcome them. Along with barriers, there are also motivators that influence you to make better decisions regarding your health and wellness. Studies show that teens commonly report the following motivators and barriers to healthy eating. What are yours?

**Motivators**
- Support from family
- Wider availability of healthy foods
- Improving or maintaining

**Barriers**
- Lack of time
- Limited availability of healthy foods
- Lack of concern regarding healthy eating
- Taste preferences

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**Monday, November 4, 2019**

**Breakfast**
- Warm Pancakes 30 with Maple Syrup 28
- Hot Oatmeal 14 or Assorted Cold Cereal 19
- Chilled Yogurt Bar or Hard Boiled Eggs 23 and Vanilla Bean Graham 21

**Lunch**
- Buffalo Chicken Patty on a Bun 23
- Pizzeria Style Cheese Pizza 27
- Italian Meatball Sub 32
- Pizzeria Style Pepperoni Pizza 28
- Sandwich of the Day: Pastrami & White American on a Bagel 42
- Golden Corn 16

**Tuesday, November 5, 2019**

**Breakfast**
- French Toast Bake 84
- Frozen Peach Cup 19
- Hot Oatmeal 14 or Assorted Cold Cereal 19
- Chilled Yogurt Bar or Hard Boiled Eggs 23 and Vanilla Bean Graham 21

**Lunch**
- Maccaroni & Cheese 19 with Shrimp Poppers 11 & Tea Roll 12
- Chicken Nuggests 16 with a Tea Roll 12
- Chicken Egg Roll 20 and Steamed Brown Rice 21
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Green Beans 4
- Lunch Bunch Grapes 8

**Wednesday, November 6, 2019**

**Breakfast**
- A+ Biscuit 25
- Hot Oatmeal 14 or Assorted Cold Cereal 19
- Chilled Yogurt Bar or Hard Boiled Eggs 23 and Vanilla Bean Graham 21

**Lunch**
- Cheese Breads 25 with Pasta Sauce 4
- Crispy Chicken Patty on a Bun 36
- Smothered Burrito 44
- Spicy Chicken Patty on a Bun 37
- Sandwich of the Day: Turkey Deli 42
- Steamed Carrots 6
- Emoji Fried 18

**Thursday, November 7, 2019**

**Breakfast**
- Glazed Raised Donut 44
- Hot Oatmeal 14 or Assorted Cold Cereal 19
- Chilled Yogurt Bar or Hard Boiled Eggs 23 and Vanilla Bean Graham 21

**Lunch**
- BBQ Chicken Thigh 14 with a Breadstick 20
- Pork Tenderloin on a Bun 38
- Mini Corn Dogs 31
- Sandwich of the Day: Country Boy 29
- Western Beans 16
- Peppers-Up Potatoes 27
- Iced Blueberries 9

**Friday, November 8, 2019**

**Breakfast**
- Colby Cheese Omelet 1 with a Warm Biscuit 23 or Tortilla 30
- Iced Strawberry Cup 21
- Hot Oatmeal 14 or Assorted Cold Cereal 19
- Chilled Yogurt Bar or Hard Boiled Eggs 23 and Vanilla Bean Graham 21

**Lunch**
- Country Beef Cuts 19 with Tea Roll 12
- Homestyle Meatloaf 11 with Tea Roll 12
- Hot N’ Spicy Chicken Tender 16 with Tea Roll 12
- Sandwich of the Day: Classic 29
- Whipped Potatoes 15 with Beef Gravy 4

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

**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.
- Ice 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 Parfaits, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entire meals offered daily.
- Roasted Red Pepper Hummus and Sun Chippers are vegetarian entire choices offered daily.
- If you have a food allergy, please visit our allergen-free section located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

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

<table>
<thead>
<tr>
<th>Menu Prices</th>
<th>Full Paid</th>
<th>Reduced</th>
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**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 accompanied by a high-quality service. 

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With 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 531-299-8658. To eliminate cash or checks being sent to the school, we accept on-line payments at [www.schoolcafe.com](http://www.schoolcafe.com).
Monday, November 11, 2019

**Breakfast**
- Cinnamon Glazed French Toast 34
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs 2
- Vanilla Bear Graham 21

**Lunch**
- Cheesburger on a Bun 21
- BBQ Pulled Pork Nachos 62
- Hamburger on a Bun 20
- Chicken Quesadilla 51
- Sandwich of the Day: Smoked Turkey & Mozzarella 26
- Baked School Fries 18

- Chef Salad: 29 Diced Egg, Mozzarella, Lettuce & Spinach Mix, & Breadstick

Tuesday, November 12, 2019

**Breakfast**
- Scrambled Eggs 1 & Sausage Patty 0 with Warm Biscuit 23 or Tortilla 30
- Frozen Peach Cup 19
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs 2
- Vanilla Bear Graham 21

**Lunch**
- Pizza Style Pepperoni Pizza 28
- Fish Wedge Sandwich 32
- Pizza Style Cheese Pizza 27
- Chicken & Cheese Taquito 30
- Sandwich of the Day: Turkey & American 33
- Sweet Potato Fries 19
- Steamed Green Beans 4

- Chef Salad: 73 Black Bean Salsa, Lettuce & Spinach Mix, Southwest Ranch Dressing, & Tri-Colored Tortilla Chips

Wednesday, November 13, 2019

**Breakfast**
- Breakfast Sausage Wrap 19 with Maple Syrup 28
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs 2
- Vanilla Bear Graham 21

**Lunch**
- Macho Nachos 36
- Buffalo Chicken Sandwich 23
- Not So Macho Nachos 30
- Pepperoni Pocket 32
- Sandwich of the Day: Country Boy 23
- Rehfeld Beans 21
- Golden Corn 16

**Lunch Options**
- Baja Chicken Salad: 34 Turkey Deli, White American, Lettuce & Spinach Mix, Croutons, & Breadstick

Thursday, November 14, 2019

**Breakfast**
- Oatmeal Chipper Breakfast Round 43
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs 2
- Vanilla Bear Graham 21

**Lunch**
- BBQ Beef Sandwich 39
- Chicken Nuggets 16 with a Tea Roll 12
- Spanish Hamburger 48 with a Tea Roll 12
- Sandwich of the Day: Classic 27
- Rehfeld Beans 21
- Steamed Green Beans 4

- Chef Salad: 29 Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Breadstick

Friday, November 15, 2019

**Breakfast**
- Oatmeal Cinnamon Roll 63
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs 2
- Vanilla Bear Graham 21

**Lunch**
- General Tso Chicken 23 with a Steamed Brown Rice 21
- A+ Italian Sausage Pizza 37
- BBQ Pulled Pork Sandwich 33
- A+ Cheese Pizza 37
- Sandwich of the Day: Hoagie 44
- Emoji Fried Rice 18
- Fresh Steamed Broccoli 2

- Chef Salad: 31 Grilled Chicken Strips, Lettuce & Spinach Mix, Croutons, & Breadstick

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

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