Skip meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to make up for it.

Monday, September 9, 2019

Breakfast
- Breakfast Sausage Wrap
- Apple Sauce
- Hot Oatmeal
- Chilled Yogurt Bar
- Whole Grain Bread

Lunch
- Hamburger Pizza
- Buffalo Style Chicken Munchins
- Cheese Pizza
- Slppy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

Tuesday, September 10, 2019

Breakfast
- Glazed Raised Donut
- Cereal
- Oatmeal
- Whole Grain Bread

Lunch
- Macho Nachos
- Chicken and Cheese Taquitos
- Country Beef Cutlet
- Sandwich of the Day: Turkey & American
- Refried Beans
- Green Beans

Wednesday, September 11, 2019

Breakfast
- Cinnamon Muffin

Lunch
- Hamburger on a Bun
- Cheesy Dog on a Bun
- Chicken Alfredo
- Chicken and Cheese Taquitos
- Turkey and Cheese Taquitos
- Refried Beans

Thursday, September 12, 2019

Breakfast
- Biscuit
- Frozen Peach Cup
- Hot Oatmeal
- Chilled Yogurt Bar
- Whole Grain Bread

Lunch
- Cilantro Lime Chicken Bowl
- Smoked Turkey and Cheese Melt
- Pepperoni Calzone
- Salad of the Day: Italian Deli Wrap
- Whipped Potatoes
- Fresh Cantaloupe

Friday, September 13, 2019

Breakfast
- Pancakes
- Oatmeal
- Whole Grain Bread

Lunch
- General Tso Chicken
- Breaded Spicy Chicken on a Bun
- Beef Lasagna
- Crispy Chicken Patty
- Sandwich of the Day: Turkey Deli
- Baked School Fries

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

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

Lunch Prices

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<th>Item</th>
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<th>Reduced</th>
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Our menus have been planned to meet federal regulations including meal patterns and portion sizes. The choice of entrées listed may contain meat, fish or eggs. The vegetables served are green and vegetable noodles consisting of dark greens, yellow squash, carrots and more.

With our website for nutrition information, free/low-cost applications, and more about our program at http://district.ops.org. Medical statements are found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8565. 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 schoolsdata.com.
Monday, September 16, 2019

Breakfast
- Sausage Breakfast Frittata Pizza 22
- Hot Oatmeal 14 or Assorted Cold Cereal or Chilled Yogurt Bar or Ham Boiled Egg 2 and Vanilla Bear Graham 21

Lunch
- Beef Quesadilla 25 with Pasta Sauce
- Oven-Baked Fried Chicken
- Mini Cornbread Muffin 29
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Greens Beans 4
- Baked Fries 18

Tuesday, September 17, 2019

Breakfast
- glazed Cinnamon Roll 65
- Hot Apple Oatmeal 19 or Assorted Cold Cereal or Chilled Yogurt Bar or Ham Boiled Egg 2 and Vanilla Bear Graham 21

Lunch
- Mini Corn Dogs 31
- BBQ Rib on a Bun 24
- Chicken Egg Roll 20 w/ Steamed Brown Rice 21
- Sandwich of the Day: Turkey Deli 28
- Steamed Fresh Broccoli 2
- Baked Potato Smiles 25

Wednesday, September 18, 2019

Breakfast
- Orange Crumb Muffin Top 28 w/ Vanilla Graham 21
- Hot Oatmeal 14 or Assorted Cold Cereal or Chilled Yogurt Bar or Ham Boiled Egg 2 and Vanilla Bear Graham 21

Lunch
- Pork Tenderloin on a Bun 38
- Pizzeria Style Cheese Pizza 27
- Beef Quesadilla 29
- Pizzeria Style Pepperoni Pizza 28
- Sandwich of the Day: Turkey and American 58
- Steamed Green Beans 4

Thursday, September 19, 2019

Breakfast
- Baked Apple Breadstick 47
-iced Strawberry Cup 21
- Hot Apple Oatmeal 19 or Assorted Cold Cereal or Chilled Yogurt Bar or Ham Boiled Egg 2 and Vanilla Bear Graham 21

Lunch
- Creamed Turkey 5 with Breadstick 20
- Hamburger on a Bun 20
- Pepperoni Pocket 32
- Cheeseburger on a Bun 21
- Sandwich of the Day: Classic 27
- Whipped Potatoes 15 with Gravy 5

Friday, September 20, 2019

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

Compilatory Breakfast is available for all enrolled students in all schools!

Lunch Prices
- Full Paid
- Reduced

Elem. $1.45 $0.40
Sec. $1.75 $0.40
Adult $3.75 $0.35

Our menus have been planned to meet federal regulations indicating the following groups are served daily: Main Entree, Bread, Milk, Fruit, and Vegetable Subgroups. All recipes and nutritional information is available upon request. Machine readable nutritional data is also available. We invite you to contact us with questions or comments.

School lunch money may be transferred to other accounts. Students are encouraged to save the change by bringing lunch money to the school cafeteria.

For more information about special meals, contact our office at 531-209-8658. School kitchen staff may be transferred to other accounts, with the approval of the school cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

This institution is an equal opportunity provider. This information is available in alternate formats for the visually impaired. Please call 531-209-0230 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 and foodservice, in a healthy environment.

The best way to lose weight is by exercising 30 minutes a day, eating at least 5 servings of fruits and vegetables each day, consuming low-fat and fat-free dairy, eating whole grains, and drinking plenty of water. Losing weight takes time, so be patient!

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