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.

Nearly 32 million children receive school meals throughout the day – many of whom are teenagers. These meals are based on nutritional standards from the U.S. Department of Agriculture. The standards increase access to healthful food and encourage students to make smart choices. So what is actually happening?

- You will benefit from healthful meals that include more whole-grains (in fact, most foods are whole-grain), fruits and vegetables (including a variety of brightly colored veggies), low-fat and fat-free dairy products, lower sodium foods, and less saturated fat.
- School meal programs provide much of what teens need for health and growth.

All students MUST take ¼ cup of a fruit or vegetable along with at least two other components for it to be a meal. So what is actually happening?

- To meet the nutritional standards from the U.S. Department of Agriculture, the standards include a variety of fruits and vegetables, whole grains, and lean protein sources.
- These meals are designed to be balanced and nutritious, providing students with the energy and nutrients they need to perform at their best.
- The menu options are planned to meet the standards, ensuring that students receive a variety of healthy foods each week.

Day to Day Menu

Monday, August 12, 2019

Get Ready

Tuesday, August 13, 2019

For a Great School Year!

Wednesday, August 14, 2019

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>☀ Glazed Raised Donut</td>
<td>☀ Chicken &amp; Cheese Taquitos 30</td>
</tr>
<tr>
<td>☀ Frozen Peach Cup</td>
<td>☀ Ham Burger Pizza 37</td>
</tr>
<tr>
<td>☀ Hot Oatmeal 14</td>
<td>☀ Cheesy Dog on a Bun 24</td>
</tr>
<tr>
<td>☀ Assorted Cold Cereal</td>
<td>☀ Sandwich of the Day: Turkey Deli 30</td>
</tr>
<tr>
<td>☀ Chilled Yogurt Bar</td>
<td>☀ Baked Curly Fries 17</td>
</tr>
<tr>
<td>☀ Hard Boiled Eggs 1</td>
<td>☀ Iced Strawberry Cup</td>
</tr>
<tr>
<td>☀ Vanilla Bear Graham 21</td>
<td>☀ Chilled Yogurt Bar</td>
</tr>
</tbody>
</table>

The Breaded Chicken Patty Sandwiches are offered with lettuce and tomato!

Thursday, August 15, 2019

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>☀ Warm Pancakes 30 with Maple Syrup 28</td>
<td>☀ Spicy Chicken Patty on a Bun 37</td>
</tr>
<tr>
<td>☀ Iced Strawberry Cup 21</td>
<td>☀ Smothered Burrito 44</td>
</tr>
<tr>
<td>☀ Hot Oatmeal 14</td>
<td>☀ Cheese Breadsticks 25 with Pasta Sauce 17</td>
</tr>
<tr>
<td>☀ Assorted Cold Cereal</td>
<td>☀ Crispy Chicken Sandwich 36</td>
</tr>
<tr>
<td>☀ Chilled Yogurt Bar</td>
<td>☀ Sandwich of the Day: Country Boy 23</td>
</tr>
<tr>
<td>☀ Hard Boiled Eggs 1</td>
<td>☀ Fresh Corn-on-the-Cob 19</td>
</tr>
<tr>
<td>☀ Vanilla Bear Graham 21</td>
<td>☀ Fresh Watermelon 6</td>
</tr>
</tbody>
</table>

Friday, August 16, 2019

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>☀ Calby Cheese Omelet 1 with a ☀ Country Beef Cutlet on a Bun 39</td>
<td></td>
</tr>
<tr>
<td>☀ Warm Biscuit 23 or ☀ Pepperoni Calzone 30 with Pasta Sauce 17</td>
<td>☀ Hot N Spicy Chicken Tenders 16 with a ☀ Tea Roll 1</td>
</tr>
<tr>
<td>☀ Hot Oatmeal 14 or ☀ Sandwich of the Day: Classic 29</td>
<td>☀ Spicy Chicken Tenders 16 with a ☀ Tea Roll 12</td>
</tr>
<tr>
<td>☀ Assorted Cold Cereal</td>
<td>☀ Baked Potato Smiles 25</td>
</tr>
<tr>
<td>☀ Chilled Yogurt Bar</td>
<td>☀ Steamed Carrots 6</td>
</tr>
<tr>
<td>☀ Hard Boiled Eggs 1</td>
<td>☀ Turkey Deli, American, Lettuce &amp; Spinach Mix, &amp; 2 Tea Rolls</td>
</tr>
<tr>
<td>☀ Vanilla Bear Graham 21</td>
<td>☀ New Item 32</td>
</tr>
</tbody>
</table>

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

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

For more information, please call 531-299-8355 or visit our website at http://district.ops.org. The information is available to all students in alternate formats for the visually impaired. This information is available in alternate formats for all students. For further information, please call 531-299-8355.

This information is available in alternate formats for the visually impaired. Please call 531-299-8355 for further information. Visit our website for nutrition information, free/reduced applications, 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 531-299-8355. 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.
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.

For some people, choosing which sports to pursue throughout high school is hard because they have never really played an organized sport before and aren’t sure what they’ll most enjoy. Others may not be the biggest fans of organized sports, but there are other fun and exciting options out there for you.

Whether you choose one sport or three, make sure you give yourself a break from intense competition with some cross-training activities. No matter the dilemma, they have the decision that is best for you. Sports and activities are meant to be fun, so go out there and enjoy!

Monday, August 19, 2019

**Breakfast**
- Cinnamon Glazed French Toast 34
  - Or
  - Hot Oatmeal 14 or Assorted Cold Cereal
  - Or
  - Chilled Yogurt Bar or Hard Boiled Eggs 1 and Vanilla Bear Grahams 21

**Lunch**
- Chef Salad on a Bun 21
  - Or
  - Chicken Quesadilla 31 with Steamed Brown Rice 21
  - Or
  - Mini Corn Dogs 31
  - Or
  - Hamburger on a Bun 20
  - Or
  - BBQ Beef Sandwich 39
  - Or
  - Sandwich of the Day: Smoked Turkey & Mozzarella 25
  - Or
  - Baked School Fries 18

The Hamburger and Cheeseburger is offered with lettuce and tomato.

Tuesday, August 20, 2019

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

**Lunch**
- Chicken & Cheese Taquitos 30
  - Or
  - Pepperoni Pizzeria Style Pizza 28
  - Or
  - Fish Wedge Sandwich 39
  - Or
  - Cheese Pizzeria Style Pizza 27
  - Or
  - Sandwich of the Day: Turkey & American 33
  - Or
  - Sweet Potato Fries 19
  - Or
  - Green Beans 4

- Or
  - Shawarma Wrap or Bread Roll

**Wednesday, August 21, 2019**

**Breakfast**
- Breakfast Sausage Wrap 19 with Maple Syrup 28
  - Or
  - Hot Oatmeal 14 or Assorted Cold Cereal
  - Or
  - Chilled Yogurt Bar or Hard Boiled Eggs 1 and Vanilla Bear Grahams 21

**Lunch**
- Macho Nachos 36
  - Or
  - Pepperoni Pocket 32
  - Or
  - Not-So Macho Nachos 51
  - Or
  - Buffalo Chicken Sandwich 23
  - Or
  - Sandwich of the Day: Country Boy 37
  - Or
  - Refried Beans 21
  - Or
  - Golden Corn 16

**Thursday, August 22, 2019**

**Breakfast**
- Oatmeal Chipper Breakfast 43
  - Or
  - Hot Apple Oatmeal 19 or Assorted Cold Cereal
  - Or
  - Chilled Yogurt Bar or Hard Boiled Eggs 1 and Vanilla Bear Grahams 21

**Lunch**
- Breaded Chicken Nuggets 16 with a Tea Roll 12
  - Or
  - Spanish Hamburger 47 with a Tea Roll 12
  - Or
  - BBQ Rib Sandwich 34
  - Or
  - Sandwich of the Day: Classic 27
  - Or
  - Flaming Potatoes 18
  - Or
  - Western Beans 16

- Or
  - Chicken Caesar Salad 53
  - Or
  - BBQ Beef Sandwich 39
  - Or
  - Italian Sausage Pizza 37
  - Or
  - Sandwich of the Day: Hoagie 44
  - Or
  - Steamed Fresh Broccoli 36
  - Or
  - Steamed Carrots 6

**Friday, August 23, 2019**

**Breakfast**
- Glazed Cinnamon Roll 65
  - Or
  - Hot Oatmeal 14 or Assorted Cold Cereal
  - Or
  - Chilled Yogurt Bar or Hard Boiled Eggs 1 and Vanilla Bear Grahams 21

**Lunch**
- General Tso Chicken 23 with Steamed Brown Rice 21 and a Tea Roll 12
  - Or
  - A+ Cheese Pizza 37
  - Or
  - BBQ Pulled Pork Sandwich 33
  - Or
  - A+ Italian Sausage Pizza 37
  - Or
  - Sandwich of the Day: Hoagie 44
  - Or
  - Steamed Fresh Broccoli 36
  - Or
  - Steamed Carrots 6

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

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

<table>
<thead>
<tr>
<th>Elementary</th>
<th>5th Grade</th>
<th>8th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Paid</td>
<td>$1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Reduced</td>
<td>$1.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
<td>$5.00</td>
<td>$0.35</td>
</tr>
</tbody>
</table>