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---

### Cycle 3

**Monday**

Breakfast

Cinnamon Glazed French Toast

Applesauce

White Milk

Lunch

Cheese Breadsticks

with Pasta Sauce

Golden Corn

Chilled Diced Pears

Birthday Graham Crackers

White Milk

---

### Cycle 4

**Tuesday**

Breakfast

Hard Cooked Egg

Vanilla Bear Graham Cracker

Chilled Diced Pears

White Milk

Lunch

Soft Shell Beef Taco

Go Green! Fresh Spinach Salad

Fresh Banana

White Milk

---

### Cycle 5

**Wednesday**

NO SCHOOL

---

### Cycle 6

**Monday**

Breakfast

Orange Crumb Muffin Top

Vanilla Bear Graham Cracker

Chilled 100% Juice

White Milk

Lunch

Beef Ranchero Pizza

Go Green! Fresh Spinach Salad

Chilled Diced Pears

White Milk

---

### Cycle 7

**Tuesday**

Breakfast

Cold Cereal

Vanilla Bear Graham Cracker

Iced Peach Cup

White Milk

Lunch

Tangerine Chicken

Steamed Brown Rice

Pretty Peas

St. Patrick’s Day Sorbet Cup

White Milk

---

### Cycle 8

**Wednesday**

NO SCHOOL

---

### Cycle 9

**Thursday**

Breakfast

Turkey Sausage Pizzazz

Fresh Apple Slices

White Milk

Lunch

Sloppy Joe on a Bun

Western Beans

Iced Strawberries

White Milk

---

### Cycle 10

**Friday**

Breakfast

Colby Cheese Omelet

Warm Biscuit

Iced Mixed Fruit Cup

White Milk

Lunch

Fish Wedge Sandwich

Golden Corn

Iced Blueberries

White Milk

---

**Spring Recess - March 9-13, 2020**

---

**National Sloppy Joe Day**

**March 19**

Breakfast

Hot Oatmeal with Raisins

Vanilla Bear Graham Cracker

Iced Strawberry Cup

White Milk

Lunch

Chicken Nuggets

Baked School Fries

Tea Roll

Baked Cinnamon Apples

White Milk

---

**National Sloppy Joe Day**

**March 20**

Breakfast

Cold Sausage Pizzazz

Vanilla Bear Graham Cracker

Iced Strawberry Cup

White Milk

Lunch

Turkey Rolls

Iced Baked Sweet Potato

Iced Mixed Fruit Cup

White Milk

---

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### Week of March 2-6, 2020

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat Calories</th>
<th>% Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
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<td></td>
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<tr>
<td>1 Lunch per Day</td>
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### Week of March 16-20, 2020

**Nutrition Facts**

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**Lunch Prices**

<table>
<thead>
<tr>
<th></th>
<th>Full Paid Reduced</th>
<th>Sec.</th>
<th>Adult</th>
<th>Milk</th>
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<tbody>
<tr>
<td>Elemen.</td>
<td>$1.45</td>
<td>$ 1.75</td>
<td>$3.75</td>
<td>$ 0.35</td>
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<tr>
<td>Senior</td>
<td>$1.45</td>
<td>$ 1.75</td>
<td>$3.75</td>
<td>$ 0.35</td>
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**SNOW DAYS!**

Present a real challenge and menu changes have to be made. We appreciate your understanding.

**Check out the menu changes on the OPS Nutrition Services website at ops.org.**
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### Nutrition Facts

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<th>Cycle 5</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Tuesday</strong></td>
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<tr>
<td><strong>March 2</strong></td>
<td><strong>March 3</strong></td>
<td><strong>March 4</strong></td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>NO SCHOOL</strong></td>
</tr>
<tr>
<td><strong>Cinnamon Glazed French Toast</strong></td>
<td><strong>Hard Cooked Egg</strong></td>
<td><strong>NO SCHOOL</strong></td>
</tr>
<tr>
<td><strong>Apple Sauce Cup</strong></td>
<td><strong>Vanilla Bear Graham's</strong></td>
<td><strong>White Milk</strong></td>
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<tr>
<th>Cycle 6</th>
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<th>Cycle 10</th>
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<td><strong>March 18</strong></td>
<td><strong>March 19</strong></td>
<td><strong>March 20</strong></td>
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<tr>
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<tr>
<td><strong>Orange Juice Muffin Top</strong></td>
<td><strong>Cold Cereal</strong></td>
<td><strong>Turkey Sausage Pizzazz Pizza</strong></td>
<td><strong>Hot Oatmeal</strong></td>
<td><strong>Colby Cheese Omelet</strong></td>
</tr>
<tr>
<td><strong>Vanilla Bear Graham's</strong></td>
<td><strong>Vanilla Bear Graham's</strong></td>
<td><strong>Fresh Apple Slices</strong></td>
<td><strong>Vanilla Bear Graham's</strong></td>
<td><strong>Warm Biscuit</strong></td>
</tr>
<tr>
<td><strong>Chilled 100% Juice</strong></td>
<td><strong>Iced Peach Cup</strong></td>
<td><strong>White Milk</strong></td>
<td><strong>Iced Strawberry Cup</strong></td>
<td><strong>Iced Mixed Fruit Cup</strong></td>
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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 531-299-9009. 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.