Choosing the healthier food option is not easy and it may be overwhelming in a world full of options. Try this mini quiz to see if you know how to select the healthier item:

1. Medium Hot Black Coffee or Medium Blended Iced Coffee. If you guessed the medium hot black coffee, you are correct. It only has 5 calories, no fat or sugar, and only 10 mg of sodium. The blended iced coffee is 240 calories, 3 g fat, 2 g saturated fat, 50 g sugar, and 220 mg of sodium. Although iced coffees are delicious, enjoy them less frequently than plain black coffee.

2. Crispy Chicken Sandwich or Grilled Chicken Sandwich. If you guessed the grilled chicken sandwich, you are correct. The crispy chicken sandwich has 620 calories, 29 g fat, 5 g saturated fat, and 63 g carbohydrates. The grilled chicken sandwich is 380 calories, 6 g fat, 2 g saturated fat, and 44 g carbohydrates. The broading on the bread adds more calories and fat, plus it is typically fried.

3. Cheese and Tortilla Chips. If you guessed tortilla chips, you are correct. Tortilla chips have 74 calories, 2.4 g fat, 0.5 g saturated fat, 12 g carbohydrates, and 137 mg sodium. The Cheetos have 160 calories, 15 g saturated fat, 15 g carbohydrates, and 250 mg sodium.

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.

### Monday, September 23, 2019

**Breakfast**
- Glazed Raised Donut
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

**Lunch**
- Buffalo Chicken Patty on a Bun
- Mini Cheese Pizza
- Italian Meatball Sub
- Mini Pepperoni Pizza
- Italian Falafel Sub
- Sandwich of the Day: Panini & White American on a Bagel
- Pepped-Up Potatoes

**Daily Lunch Options**
- **Yogurt Parfait**, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian alternate choices offered daily.
- **Roasted Red Pepper Hummus** or **Garden Veggie Wrap** on whole wheat or white bread are vegetarian alternate choices offered daily.
- All vegetable choices are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

### Tuesday, September 24, 2019

**Breakfast**
- French Toast Bake
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

**Lunch**
- Macaroni & Cheese with Shrimp Poppers & Tea Roll
- Chicken Nuggets with a Tea Roll
- Chicken Egg Roll with Steamed Brown Rice
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans
- Lunch Bunch Grapes

### Wednesday, September 25, 2019

**Breakfast**
- plain Biscuit
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

**Lunch**
- Cheese Breadsticks with Pasta Sauce
- Crispy Chicken Patty on a Bun
- Beef and Bean Burrito with Cheese Sauce
- Spicy Chicken Patty on a Bun
- Fiesta Bean Burrito
- Sandwich of the Day: Turkey Deli
- Steamed Carrots
- Baked School Fries

### Thursday, September 26, 2019

**Breakfast**
- Warm Pancakes with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

**Lunch**
- Soft Shell Beef Taco with Tortilla Chips
- Pork Tenderloin on a Bun
- Soft Shell Chicken Taco with Tortilla Chips
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Refried Beans
- Golden Corn

### Friday, September 27, 2019

**Breakfast**
- Crabby Cheese Omelet with a plain Biscuit
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Graham

**Lunch**
- Country Beef Cutlet with Tea Roll
- Homestyle Meatloaf with Tea Roll
- Hot N' Spicy Chicken Tenders with Tea Roll
- Sandwich of the Day: Classic
- Hashbrown Rounds

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

<table>
<thead>
<tr>
<th>Menu Key:</th>
<th>-Contains Pork</th>
<th>Locally Grown</th>
<th>Meatless Item</th>
<th>Spicy</th>
<th>New Item</th>
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<th>Lunch Prices</th>
<th>Full Paid</th>
<th>Reduced</th>
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<td>Elem.</td>
<td>$1.45</td>
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<tr>
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<td>$0.85</td>
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**Our mission is an equal opportunity provider:**
You are eligible to receive alternate meal formats for the visually impaired. Please call 531-299-8858 for further information.

**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 and beverages, including special dietary needs, while striving to meet the nutritional guidelines established by the School Nutrition Association.
Monday, September 30, 2019

Breakfast
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grains

Lunch
- Cheeseburger on a Bun
- BBQ Pulled Pork Nachos
- Hamburger on a Bun
- Chicken Quesadilla
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

Tuesday, October 1, 2019

Breakfast
- Scrambled Eggs & Sausage Patty with Warm Biscuit or Tortilla
- Frozen Peach Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grains

Lunch
- Veggie Pizza
- Spicy Black Bean Sandwich
- Chicken & Cheese Taquitos
- Sandwich of the Day: Turkey & American
- Sweet Potato Fries
- Steamed Green Beans

Wednesday, October 2, 2019

Breakfast
- Breakfast Sausage Wrap with Maple Syrup
- Iced Mixed Fruit Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grains

Lunch
- Lemongrass Chicken with Steamed Brown Rice
- Fish Wedge on a Bun
- BBQ Pulled Pork Sandwich
- Sandwich of the Day: Country Boy
- Steamed Fresh Broccoli
- Steamed Peas

Thursday, October 3, 2019

Breakfast
- Oatmeal Chipper Breakfast Round
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grains

Lunch
- Firen Fiery Baked Chicken with Tea Roll
- Pepperoni Pockey
- Spanish Hamburger with Tea Roll
- Sandwich of the Day: Classic
- Flaming Potatoos & Glazed Buttermilk Squash

Friday, October 4, 2019

Breakfast
- Glazed Cinnamon Roll
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grains

Lunch
- Macho Nachos
- Buffalo Chicken Sandwich
- Not So Macho Nachos
- BBQ Rib Sandwich
- Sandwich of the Day: Hoagie
- Potato Smiles & Steamed Carrots

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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Menu Prices

Our menu has been planned to meet federal regulations requiring that all meals be nutritionally balanced and appropriate for children. The U.S. Department of Agriculture requires that at least half of the daily calories be derived from low-fat, low-sodium foods. The school cafeteria offers a variety of breakfast, lunch, and snack items. The cafeteria is open from 7:30 AM to 3:30 PM. We welcome customers to eat at any time during the day. We accept all forms of payment, including cash, checks, and credit cards. We also accept school lunch accounts, and customers can purchase meals online. To view our menu, please visit our website at www.schoolcafe.com. If you have any questions or concerns, please contact our office at 531-209-8858.