Senior High
Breakfast & Lunch Menu

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 health
- Taste preferences

Barriers
- Lack of time
- Limited availability of healthy foods
- Lack of concern regarding healthy eating
- Limited healthy food options

- Want to lose weight
- Almost never has any
- Low opinion about healthy eating
- Limited access to healthy meal options

Monday, November 4, 2019

Breakfast
- Warm Pancakes with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Salsa
- Vanilla Bean Grains

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

Tuesday, November 5, 2019

Breakfast
- French Toast Bake
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Salsa
- Vanilla Bean Grains

Lunch
- Macaroni & Cheese with Shrimp Poppers & Tea Roll
- Chicken Nuggests with Tea Roll
- Chicken Egg Roll & Teriyaki Chicken Dippers and Steamed Brown Rice
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans
- Lunch Bunch Grapes

Wednesday, November 6, 2019

Breakfast
- Apple Biscuit
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Salsa
- Vanilla Bean Grains

Lunch
- Cheese Breadsticks with Pasta Sauce
- Crispy Chicken Patty on a Bun
- Smothered Burrito
- Spicy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Steamed Carrots
- Emoji Fries

Thursday, November 7, 2019

Breakfast
- Glazed Raised Donut
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Salsa
- Vanilla Bean Grains

Lunch
- BBQ Chicken Thighs
- Pork Tenderloin on a Bun
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Western Beans
- Pepped-Up Potatoes
- Iced Blueberries

Friday, November 8, 2019

Breakfast
- Colby Cheese Omelet with a Warm Biscuit or Tortilla
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Salsa
- Vanilla Bean Grains

Lunch
- Country Beef Culiet with Tea Roll
- Homestyle Meatloaf with Tea Rolls
- Hot N' Spicy Chicken Tenders with Tea Roll
- Sandwich of the Day: Classic
- Whipped Potatoes with Beef Gravy

Menu Key
-Contains Pork
- Locally Grown
- Meats Item
- Spicy
- New Item

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

Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Price</th>
<th>Reduced Price</th>
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<tbody>
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<td>Milk</td>
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For more information about special menu items, 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.schoolkafes.com.

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 accompanied by a variety of healthful options.

Our mission has been prioritized in our federal regulations including, but not limited to: age groups and portion sizes. In the course of providing healthful meal combinations, we provide fruits, vegetables, whole grains and protein options. We provide a variety of choices, including vegetarian, vegan, and the vegetarian sub consisting of dark green, legumes, and/or low-fat milk. Please visit our website at www.schoolkafes.com for further information.

Every Day
- 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. (Guis of cold water are available, free of charge.)
- Yogurt Parfait, Cheese Sandwhich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entries offed daily.
- All you can eat fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.
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The FDA updated the Nutrition Facts label for packaged foods that will make it easier to make informed food choices that support a healthy diet. The old label is on the left and the new on the right. All products must be converted to the new food label by 1/1/2020. Here are a few of the main changes:
- ‘Serving Size’ and ‘Servings per Container’ are a larger and bolder print.
- Serving sizes have been increased to reflect what people actually eat.
- ‘Calories’ is now larger and bolder.
- ‘Calories from Fat’ has been removed as research shows the type of fat consumed is more important than the amount.
- ‘Added Sugars’ now has a percent Daily Value. Added sugars are considered table sugar, or sugar from syrups, honey, and sugars from concentrated fruit or vegetable juices. No more than 10% of your daily calories should be from added sugars.
- Vitamin A and C are no longer required as deficiencies in these are rare. Vitamin D and Potassium were added instead.

Monday, November 11, 2019

Breakfast
• Cinnamon Glazed French Toast
Or
• Hot Oatmeal or Assorted Cold Cereals
Or
• Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
• Chilled Yogurt Bar or Hard Boiled Eggs and
• Vanilla Bean Grapes

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

Tuesday, November 12, 2019

Breakfast
• Scrambled Eggs & Sausage Patty with Warm Biscuit or Tortilla
• Frozen Peach Cup
Or
• Hot Oatmeal or Assorted Cold Cereals
Or
• Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
• Chilled Yogurt Bar or Hard Boiled Eggs and
• Vanilla Bean Grapes

Lunch
• Pizzeria Style Pepperoni Pizza
• Fish Wedge Sandwich
• Pizzeria Style Cheese Pizza
• Chicken & Cheese Taquitos
• Sandwich of the Day: Turkey & American
• Sweet Potato Fries
• Steamed Green Beans

Wednesday, November 13, 2019

Breakfast
• Breakfast Sausage Wrap with Maple Syrup
Or
• Hot Oatmeal or Assorted Cold Cereals
Or
• Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
• Chilled Yogurt Bar or Hard Boiled Eggs and
• Vanilla Bean Grapes

Lunch
• Macho Nachos
• Buffalo Chicken Sandwich
• Not So Macho Nachos
• Pepperoni Pocket
• Sandwich of the Day: Country Boy
• Refried Beans
• Golden Corn

Thursday, November 14, 2019

Breakfast
• Oatmeal Chipper Breakfast Round
Or
• Hot Oatmeal or Assorted Cold Cereals
Or
• Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
• Chilled Yogurt Bar or Hard Boiled Eggs and
• Vanilla Bean Grapes

Lunch
• BBQ Beef Sandwich
• Chicken Nugglets with a Tea Roll
• Spanish Hamburger with Tea Roll
• Sandwich of the Day: Classic
• Homemade Baked Beans
• Steamed Carrots

Friday, November 15, 2019

Breakfast
• Glazed Cinnamon Roll
Or
• Hot Oatmeal or Assorted Cold Cereals
Or
• Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
• Chilled Yogurt Bar or Hard Boiled Eggs and
• Vanilla Bean Grapes

Lunch
• General Tso Chicken with Steamed Brown Rice and Tea Roll
• Ar+ Italian Sausage Pizza
• BBQ Pulled Pork Sandwich
• Ar+ Cheese Pizza
• Sandwich of the Day: Hoagie
• Emoji Fried
• Fresh Steamed Broccoli

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