Senior High
Breakfast & Lunch Menu

For a complete Breakfast, you must select three stars, at least one star must be a vegetable or a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

Processed foods, such as those that are canned or packaged, often have more sodium than unprocessed foods, such as fresh fruits and vegetables. Your body needs a small amount of sodium and getting too much from foods and drinks can raise your blood pressure, which is bad for your heart. As a teen, it’s important to pay attention to your blood pressure and heart health now to prevent health problems as you get older. Try to consume less than 2,300 mg or no more than 1 teaspoon of sodium a day. This amount includes the salt in already prepared food, as well as the salt you add when cooking or eating your food. Below are ways to reduce the amount of sodium in your foods:

- Choose fresh or frozen fruits and vegetables or canned vegetables with no added sodium.
- Try adding herbs and spices instead of salt to season your food if you make your own meals.
- If you use packaged foods, check the amount of sodium listed on the Nutrition Facts label.
- Make meals from scratch using fresh ingredients.

Monday, November 18, 2019

**Breakfast**
- Glazed Dutch Waffle
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Pepperoni Pocket
- Cheeseburger on a Bun
- Garlic Cheese French Bread
- Hamburger on a Bun
- Sandwich of the Day: Turkey Deli
- Baked Tater Tots

**Tuesday, November 19, 2019**

**Breakfast**
- Breakfast Potato Casserole & a Warm Biscuit
- Iced Apricot Cup
- Hot Apple Oatmeal or Assorted Cold Cereals
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Pork Tenderloin on a Bun
- Buffalo Chicken Munchins with a Tea Roll
- Personal Pan Meatlovers Pizza
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

**Wednesday, November 20, 2019**

**Breakfast**
- Warm Biscuit with Peanut Butter & Jelly & Sausage Patty
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Breaded Spicy Chicken Patty on a Bun
- Grilled Cheese Biscuit
- Crispy Chicken Patty on a Bun
- Tex Mex Mac N Cheese with a Breadstick
- Sandwich of the Day: Turkey & American Ciabatta
- Baked School Fries
- Western Beans
- Sample: Fresh Roasted Pumpkin

**Thursday, November 21, 2019**

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

**Lunch**
- Creamed Turkey with 2 Mini Combsreads
- Italian Falafel Sub
- Fish Wedge Sandwich
- Sandwich of the Day: Hoagie
- Steamed Green Beans
- Whipped Potatoes and Gravy

**Friday, November 22, 2019**

**Breakfast**
- Apple Breadstick
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

**Lunch**
- Chicken Nuggets with a Tea Roll
- Cheese Quesaddilla
- Korean BBQ Sandwich
- Sandwich of the Day: Turkey and American
- Baked School Fries
- Iced Blueberries

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

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

Visit our website for nutrition information, free/reduced 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 meals, contact our office at 531-299-9868. 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.schoolbucks.com.

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Senior High

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Beverages such as juice, soda, sports drinks, and energy drinks are loaded with added sugars and empty calories. Empty calories are those that do not offer nutrients your body needs. The best way to quench your thirst is water or beverages such as juice, soda, sports drinks, and energy drinks are loaded with added sugars and empty calories.

1. **Make it motivating**. Treat yourself to a new water jug that is easy to refill, carry, and keeps your water the perfect temperature. Create challenges to see how many glasses of water you can drink in a day.

2. **Add flavor**. Enhance the flavor of water or milk with these healthy twists. Fill an ice cube tray with water and add a flavor mix-in (mint, pineapple, raspberry) to each compartment, and freeze. You can even enhance your milk flavor by adding a pinch of cinnamon or a few drops of vanilla.

3. **Go for fizz**. Add a little fizz from either plain seltzer or sparkling water. With zero calories, sugar, or artificial colors or flavors, this bubbly water is fun and much healthier than a soda.

Monday, November 25, 2019

- **Oatmeal Chipper Breakfast Round**
- Adults $2.99
- Students $1.75
- Senior $0.40

- **Country Beef Cutlet on a Bun**
- Adults $2.99
- Students $1.75
- Senior $0.40

- **Oatmeal**
- Adults $1.45
- Students $0.98
- Senior $0.40

- **Stacked Enchiladas**
- Adults $2.99
- Students $1.75
- Senior $0.40

- **Chilled Yogurt Bar**
- Adults $1.45
- Students $0.98
- Senior $0.40

Tuesday, November 26, 2019

**Breakfast**

- **Cinnamon Glazed French Toast**
- Adults $1.99
- Students $1.25
- Senior $0.40

- **Hot Oatmeal or Assorted Cold Cereal**
- Adults $0.98
- Students $0.58
- Senior $0.40

- **Apple Oatmeal Bars or Chocolate Oatmeal Bars**
- Adults $0.75
- Students $0.50
- Senior $0.40

- **Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham**
- Adults $1.45
- Students $0.98
- Senior $0.40

- **BBQ Pulled Pork Sandwich**
- Adults $3.49
- Students $2.05
- Senior $0.40

- **Mini Corn Dogs**
- Adults $1.45
- Students $0.98
- Senior $0.40

- **Personal Pan Buffalo Chicken Pizza**
- Adults $2.99
- Students $1.75
- Senior $0.40

- **Sandwich of the Day: Turkey Deli**
- Adults $2.99
- Students $1.75
- Senior $0.40

- **Curly Fries**
- Adults $2.75
- Students $1.75
- Senior $0.40

- **Apple Crisp**
- Adults $0.98
- Students $0.58
- Senior $0.40

- **Sandwich of the Day: Western Beans**
- Adults $2.99
- Students $1.75
- Senior $0.40

- **Baked Potato Smiles**
- Adults $1.99
- Students $1.25
- Senior $0.40

- **Assorted Cold Cereal**
- Adults $0.75
- Students $0.50
- Senior $0.40

Wednesday, November 27, 2019

Thanksgiving Break

- No School

Thursday, November 28, 2019

Thanksgiving Break

- No School

Friday, November 29, 2019

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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<tr>
<th>Meal</th>
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<th>Reduced</th>
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<tr>
<td>Milk</td>
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**Our Mission Statement:** To ensure the health and well-being of our customers, the students and staff of each building, by providing high-quality meals accompanied by high-quality service.

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