So what can you do to get out of the summer coma and focus on learning?

- Try going to bed 15-30 minutes earlier each night to get back into a sleep routine.
- Spend more time reading and watching less tv and video games.
- Mentally prepare for the next day.
- Set up a designated homework area in your home that is free of distractions.
- Start to re-establish school routines.
- Give yourself some time to unwind from the school day before doing homework.

It will be an exciting year filled with great learning adventures and fun-filled memories. We want you to have an Exceptional year!

FOOD FOR THOUGHT — Poor sleep can reduce your physical and mental performance!

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**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.

The month of August is considered Back To School month. Summer is coming to a close and the school year is just beginning. Just a fun tidbit — approximately 78 million students (including college) go back to school every fall.

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**Monday, August 17, 2020**

***Meals2Go***

**School Lunches**

- **Breakfast**
  - Glazed Donut
  - Apple Juice
  - Iced Peach Cup
  - 1% Milk

- **Lunch**
  - Beef Ranchero Pizza
  - Corn on the Cob
  - Fresh Carrot Dippers
  - Fresh Watermelon
  - Applesauce Cup
  - Rice Krispie Treat
  - Chocolate Milk

**Tuesday, August 18, 2020**

***Menu is subject to change without notice due to product availability***

- **Breakfast**
  - Glazed Donut
  - Apple Juice
  - Iced Peach Cup
  - 1% Milk

- **Lunch**
  - Beef Ranchero Pizza
  - Corn on the Cob
  - Fresh Carrot Dippers
  - Fresh Watermelon
  - Applesauce Cup
  - Rice Krispie Treat
  - Chocolate Milk

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**Wednesday, August 19, 2020**

***Menu is subject to change without notice due to product availability***

- **Breakfast**
  - Cinnamon Pancakes
  - Apple Juice
  - Iced Apricot Cup
  - 1% Milk

- **Lunch**
  - Breaded Chicken Patty on Bun
  - Fresh Broccoli
  - Fresh Celery Sticks
  - Iced Mixed Fruit Cup
  - Applesauce Cup
  - Chocolate Milk

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**Thursday, August 20, 2020**

***Menu is subject to change without notice due to product availability***

- **Breakfast**
  - Cinnamon Pancakes
  - Apple Juice
  - Iced Apricot Cup
  - 1% Milk

- **Lunch**
  - Mini Corndogs
  - Fresh Grape Tomatoes
  - Fresh Cucumber Slices
  - Fresh Apple Slices
  - Iced Peach Cup
  - Chocolate Milk

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**Friday, August 21, 2020**

***Menu is subject to change without notice due to product availability***

- **Breakfast**
  - Glazed Dutch Waffle
  - Orange Juice
  - Fresh Apple Slices
  - 1% Milk

- **Lunch**
  - Breaded Beef Cutlet on a Bun
  - Fresh Carrot Dippers
  - Fresh Broccoli
  - Fresh Cucumber Slices
  - Iced Mixed Fruit Cup
  - Applesauce
  - Chocolate Milk

---

**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>Lunch Prices</th>
<th>Full Paid</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
<td>$0.40</td>
</tr>
<tr>
<td>Sec.</td>
<td>$1.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult</td>
<td>$3.85</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>$0.35</td>
<td></td>
</tr>
</tbody>
</table>

We want you to have an A+ceptional year!

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**Every Day**

**Breakfast & Lunch**

- Seasonal fresh fruits and vegetables be offered daily as they are available. Assorted canned or frozen fruits and 100% juice may also be included in your Meals2Go.
- Ice cold 1% white milk and chocolate milk is offered daily as part of every meal.

**Daily Lunch Options**

- As we continue to offer our Meals2Go, we will include new items into the menu. Stay tuned and we look forward to providing meals while you are home doing remote learning!

---

**Menu Key:**

- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item

---

Our menu has been planned to meet federal regulations including, but not limited to, age group and portion sizes. Over the course of the school year, the menu will change to provide a variety of items to accommodate all dietary restrictions, goals, and the vegetable subgroup consisting of dark green, leafy, legumes, starchy, and other vegetables.

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 accompanied by high quality service.

Visit our website for nutrition information, free/reduced applications, and more about our program at [http://district.ops.org](http://district.ops.org). This information is available in alternate formats for the visually impaired. Please call 531-209-6858 for further information.

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**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.**

---

**Menu is subject to change without notice due to product availability***

---

***Menu is subject to change without notice due to product availability***
FOOD FOR THOUGHT

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.

- Red. The red plant pigment called lycopene is a powerful antioxidant that can help keep your heart healthy, reduce the risk of cancer, and improve skin quality.
- Purple/Blue. The plant pigment, anthocyanin, is what gives blue/purple fruits and vegetables their distinctive color and has antioxidant properties that protect cells from damage, boost memory, and helps fight inflammation.
- Orange/Yellow. Carotenoids give this group their vibrant color. Beta-carotene and lutein are types of carotenoids that are good for the eyes and promotes healthy joints.
- Green. Green fruits and vegetables are rich in lutein and vitamin K which is essential for bone health and boost the immune system.
- Brown/White. White fruits and vegetables contain a range of health-promoting phytochemicals such as allium (found in garlic and onions), which is known for its anti-tumour and antibacterial properties. Some members of the white group, such as bananas and potatoes are good sources of potassium, which is good for muscles.

COLORS AND THEIR QUALITIES:

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Lunch Prices

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<tbody>
<tr>
<td>$0.35</td>
<td>$0.30</td>
</tr>
</tbody>
</table>

Every Day

- Most grain items are whole-grain rich.
- Seasonal fresh fruits and vegetables will be offered daily as they are available. Assorted canned or frozen fruits and 100% juice will may also be included in your Meals2Go.
- Ice cold 1% milk and chocolate milk is offered as part of every meal.

Daily Lunch Options

- As we continue to offer our Meals2Go, we will include new items into the menu. Stay tuned and we look forward to providing meals while you are doing remote learning.

Monday, August 24, 2020

**Meals2Go**

**Breakfast**
- Assorted Cold Cereal
- Vanilla Bear Grahamis
- Apple Juice
- Iced Strawberry Cup
- 1% Milk

**Lunch**
- Hamburger on a Bun
- Fresh Carrot Dippers
- Fresh Broccoli
- Chilled Diced Peaches
- Fresh Apple Slices
- Chocolate Milk

Tuesday, August 25, 2020

**Menu is subject to change without notice due to product availability**

**Breakfast**
- Apple Oatmeal Bar or
- Chocolate Oatmeal Bar
- Orange Juice
- Fresh Apple Slices
- 1% Milk

**Lunch**
- Beef Ranchero Pizza
- Fresh Carrot Dippers
- Fresh Celery Sticks
- Fresh Orange Smiles
- Iced Mixed Fruit Cup
- Chocolate Milk

Wednesday, August 26, 2020

**Menu is subject to change without notice due to product availability**

**Breakfast**
- Orange Crumb Muffin Top
- Vanilla Bear Grahamis
- Orange Juice
- Applesauce Cup
- 1% Milk

**Lunch**
- Breaded Spicy Chicken Patty on a Bun
- Fresh Cucumber Slices
- Black Bean Salsa
- Chilled Diced Pears
- Iced Strawberry Cup
- Chocolate Milk

Thursday, August 27, 2020

**Menu is subject to change without notice due to product availability**

**Breakfast**
- Banana Bread
- Apple Juice
- Iced Mixed Fruit Cup
- 1% Milk

**Lunch**
- Breaded Chicken Nuggets
- Chocolate Bear Grahamis
- Fresh Green Pepper Strips
- School Fries
- Iced Peach Cup
- Applesauce Cup
- Chocolate Milk

Friday, August 28, 2020

**Menu is subject to change without notice due to product availability**

**Breakfast**
- Glazed Cinnamon Roll
- Apple Juice
- Iced Strawberry Cup
- 1% Milk

**Lunch**
- Turkey and Cheese Sandwich
- Fresh Green Pepper Strips
- Fresh Grape Tomatoes
- Iced Strawberry Cup
- Chilled Diced Peaches
- Chocolate Milk

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

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