Senior High
Breakfast & Lunch Menu

For a complete Breakfast, you must select three stars. At the very 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.

Be media smart! Advertisements, TV shows, and the internet can affect how you choose to eat and spend your time. Many ads try to persuade you to purchase food and drink items that are high in fats, sugars, and salts and try to sell products, such as video games. While these areas are okay in moderation, the media can negatively affect decision-making and can be costly to your health. Try these tips to be media smart:

» Limit your screen time. 2 hours maximum should be spent on screen time. Plan an activity each night after dinner such as taking the dog for a walk, go for a family bike ride, play charades, or play Twister.

» Play more interactive video games. Invest or rent video games that require you to move your arms and legs while standing.

» Use MyPlate to pick your meals. Menus with the nutritional information can be viewed online to restaurants and fast food operations. Select foods and beverages that are low in sugar, salt, and fat. Make half of your meal fruits and vegetables, choose lean proteins, such as chicken, fish, and eggs; and choose whole grains if the option is available.

» Choose healthier beverages. Consuming a soda occasionally is okay, but they contain a significant amount of added sugar. Choose healthier beverages, such as milk, iced tea, coffee, 100% juice, or water.

Monday, August 26, 2019

Breakfast
△ Warm Pancakes with Maple Syrup
Or
△ Hot Oatmeal or Assorted Cold Cereal
Or
△ Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
△ Chilled Yogurt Bar or Hard Boiled Eggs
Or
△ Vanilla Bear Grains

Lunch
△ SirachaChile Sauce Tacos
△ Cheeseburger on a Bun
△ Cheesy Garlic Flatbread
△ Hamburger on a Bun
△ Sandwich of the Day: Turkey Deli
△ Cheesy Potatoes

The Hamburger and Cheeseburger is offered with lettuce and tomato!

Tuesday, August 27, 2019

Breakfast
△ Breakfast Potato Casserole & a Warm Mini Biscuit
△ Iced Mixed Fruit Cup
Or
△ Hot Apple Oatmeal or Assorted Cold Cereal
Or
△ Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
△ Chilled Yogurt Bar or Hard Boiled Eggs
Or
△ Vanilla Bear Grains

Lunch
△ Chicken Tacos
△ Buffalo Chicken Nachos
△ Hamburger Quesadilla
△ Soft Shell Tacos with Tortilla Chips
△ Sandwich of the Day: Smoked Turkey & Mozzarella
△ Refried Beans
△ Golden Corn

New Item
△ Baja Chicken Salad:
Grilled Chicken Strips, Black Bean & Corn Salsa, Lettuce & Spinach Mix, Tri-Colored Tortilla Chips, & Southwestern Ranch Dressing

Wednesday, August 28, 2019

Breakfast
△ Glazed Dutch Waffle
Or
△ Hot Oatmeal or Assorted Cold Cereal
Or
△ Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
△ Chilled Yogurt Bar or Hard Boiled Eggs
Or
△ Vanilla Bear Grains

Lunch
△ Broiled Spicy Chicken Patty
△ A+B Biscuit
△ Crispy Chicken Patty on a Bun
△ Beef Fingers with a Tea Roll
△ Sandwich of the Day: Turkey & American Ciabatta
△ Baked Curley Fries
△ Glazed Buttermilk Squash
△ Fresh Lunch Bunch Grapes

Thursday, August 29, 2019

Breakfast
△ Blueberry Muffin Square
Or
△ Hot Apple Oatmeal or Assorted Cold Cereal
Or
△ Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
△ Chilled Yogurt Bar or Hard Boiled Eggs
Or
△ Vanilla Bear Grains

Lunch
△ Beef & Bean Burrito w/ Cheese Sauce
△ Pepperoni Pocket
△ Tex Mex Mac N’ Cheese with Breadstick
△ Sandwich of the Day: Turkey & American
△ Steamed Green Beans
△ Salsa: Red, Green, & Yellow Bell Peppers

New Item
△ Chicken Caesar Salad:
Grilled Chicken Strips, Lettuce & Spinach Mix, Breadstick, & Tea Roll

Friday, August 30, 2019

Breakfast
△ Warm Biscuit with Peanut Butter & Jelly & Sausage Patty
Or
△ Hot Oatmeal or Assorted Cold Cereal
Or
△ Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
△ Chilled Yogurt Bar or Hard Boiled Eggs
Or
△ Vanilla Bear Grains

Menu Key:
▼-Contains Pork
□-Locally Grown
ʌMeatless Item
±Spicy
–New Item

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

Breakfast & Lunch
Texas Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.

Be cold 1% fat free milk is offered as part of every meal, but is not required to be taken. (Guts of cold water are available, free of charge.)

Daily Lunch Options
△ Yogurt Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian menu choices offered daily.

△ Roasted Red Pepper Hummus and Garlic with Baby Carrots are vegetarian menu choices offered daily.

△ All fresh vegetables and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

Lunch Prices

Full Price Reduced

Elem. $1.45 $0.40
Soc. $1.75 $0.40
Adult $5.05

This institution is an equal opportunity provider.

Our mission is to enhance health and well-being of our students at each building, by providing high-quality meals according to national guidelines.

Our Mission Statement: To enhance the health and well-being of our students and staff at each building, by providing high-quality meals according to national guidelines.

http://district.ops.org

With our website for nutritious foods, healthy snacks, and more information 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 meals, contact our office at 531-299-6958. School lunch money may be transferred to other accounts, carry over to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being brought to the cafeteria, we accept on-line payments at www.schoolbucks.com.
Senior High
Breakfast & Lunch Menu
For a complete meal, 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.

Eat a rainbow! Fruits and vegetables fall into five different color categories, red, purple/blue, orange, green, and white/bronze. Each color carries its own set of unique disease fighting chemicals called phytochemicals. These phytochemicals give fruits and vegetables their vibrant color and their health properties. Check out how each color is good for you!

- Red. The red plant pigment called lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.
- 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 and can help reduce the risk of cancer, stroke, and heart disease.
- Orange/Yellow. Carotenoids give this group their vibrant color. Beta-carotene and lutein are types of carotenoids that are good for healthy mucous membranes and eyes.
- Green. Green vegetables contain a range of phytochemicals including carotenoids, indoles, and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate, which is good for cell growth and metabolism.
- White/Bronze. White fruits and vegetables contain a range of health-promoting phytochemicals such as allin (found in garlic), which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes are good sources of potassium, which is good for muscles.

Monday, September 2, 2019

No School!

Tuesday, September 3, 2019

Breakfast
- Blueberry Muffin Top with Vanilla Bean Graham Or
- Hot Apple Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars Or
- Chilled Yogurt Bar or Hot Boiled Eggs and Vanilla Bean Graham

Lunch
- Country Beef Cutlet on a Bun
- Hot N’ Spicy Chicken Tenders with Tea Roll
- Mini Corn Dogs
- BBQ Seel on a Bun
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries
- Western Beans

Wednesday, September 4, 2019

Breakfast
- Glazed Cinnamon Roll
- Frozen Peach Cup
Or
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
- Chilled Yogurt Bar or Hot Boiled Eggs and Vanilla Bean Graham

Lunch
- Fish Wedge on a Bun
- Cheese Breadsticks with Pasta Sauce
- Baked Potato with Pulled Pork & Cheese with Tea Rolls
- Sandwich of the Day: Pastrams & White American on a Bagel
- Steamed Fresh Broccoli
- Baked Potato

Thursday, September 5, 2019

Breakfast
- Colby Cheese Omelet with Warm Biscuit or Toast
- Iced Mixed Fruit Cup
Or
- Hot Apple Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
- Chilled Yogurt Bar or Hot Boiled Eggs and Vanilla Bean Graham

Lunch
- Cheesy Dog on a Bun
- Popcorn Chicken with Tea Roll
- Oven Baked Chicken with Tea Roll
- Hot Dog on a Bun
- Sandwich of the Day: Turkey & American
- Fresh Corn-on-the-Cob
- Buttercup Squash
- Fresh Watermelon

Friday, September 6, 2019

Breakfast
- Oatmeal Chipper Breakfast Round
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars
Or
- Chilled Yogurt Bar or Hot Boiled Eggs and Vanilla Bean Graham

Lunch
- Pizzeria Style Cheese Pizza
- Pork Tenderloin on a Bun
- Pizzeria Style Pepperoni Pizza
- Breaded Chicken Parmesan Sandwich
- Sandwich of the Day: Classic
- Steamed Peas
- Hashbrown Potato Rounds

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

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

Breakfast & Lunch
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and blueberries. Assorted canned or frozen fruits and 100% juice will also be available.
- On cold % 15% of hot milk is offered as part of every meal, but is not required to be taken. (Cups of cold water are available, free of charge.)

Daily Lunch Options
- Yogurt Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian options offered daily.
- Seasoned Red Pepper Hummus and Sunflower Chips are vegetarian entire choices offered daily.
- All you can eat fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, basil-rocket ranch dressing.

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