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.

Skipping meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to make up for it. Even if you’re really busy with school and activities, it’s important to try to skip meals. Follow these tips to keep your body charged up all day and to stay healthy:

Eat school breakfast. Breakfast helps your body get going. If you’re short on time in the morning, school breakfast is the easy solution. It provides an excellent, fruit, juice, and milk to satisfy your hunger until lunch.

Eat school lunch. School lunch helps you control your food and beverage portions and increases the chances that you will eat fruits and vegetables.

Eat dinner with your family. When you eat home-cooked meals with your family, you are more likely to consume healthy foods. Having meals together also gives you a chance to reconnect with each other and share news about your day.

Get involved in grocery shopping and meal planning at home. Going food shopping and planning meals with family members or friends can be fun. Not only can you choose a favorite grocery store, and healthy foods and recipes, you also have a chance to help others in your family eat healthy too.

Monday, September 9, 2019

Breakfast
- Breakfast Sausage Wrap with Maple Syrup
- Apple Casserole
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

Lunch
- + Hamburger Pizza
- Buffalo Style Chicken Munchins with Tea Roll
- + Cheese Pizza
- Sloppy Joe Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

Tuesday, September 10, 2019

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

Lunch
- Macho Nachos
- Chicken and Cheese Taquitos
- Not So Macho Nachos
- Country Beef Cutlet on a Bun
- Sandwich of the Day: Turkey & American
- Retired Beans
- Green Beans

Wednesday, September 11, 2019

Breakfast
- Cinnamon Muffin Scone
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

Lunch
- Hamburger on a Bun
- Cheesy Dog on a Bun
- Chicken Alfredo Penne Pasta Tea Roll
- Cheeseburger on a Bun
- Hot Dog on a Bun
- Sandwich of the Day: Country Boy
- Baked Emoji Fried
- Lunch Bunch Grapes

Thursday, September 12, 2019

Breakfast
- + Biscuit
- + Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

Lunch
- Popcorn Chicken Bowl with Tea Roll
- Smoked Turkey and Cheese Melt
- Pepperoni Cazone with Pasta Sauce
- Sandwich of the Day: Italian Deli Wrap with Tea Roll
- Whipped Potatoes with Gravy
- Fresh Cantaloupe

Friday, September 13, 2019

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

Lunch
- General Tso Chicken with Steamed Brown Rice & Tea Roll
- Spicy Chicken on a Bun
- Beef Lasagna with Tea Roll
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Dell
- Baked School Fries: Golden Corn
- Fortune Cookie

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

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

Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
<th>Reduced</th>
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<tr>
<td>Elem.</td>
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<td>Milk</td>
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Our menus have been planned to meet federal regulations indicating, but not limited to the following options: daily offer of whole grain bread, low-fat or fat-free milk, fruit, and vegetable subgroup consisting of dark green, orange, and deep yellow vegetables. Please see our website for more information:

www.schoolcafe.com

With our websites for nutritional information, free/ reduced applications, and more about our program at: www.schoolcafe.com. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8688. 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.schoolcafe.com

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

Skipping meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to make up for it. Even if you're really busy with school and activities, it's important to try to skip meals. Follow these tips to keep your body charged up all day and to stay healthy:

Eat school breakfast. Breakfast helps your body get going. If you're short on time in the morning, school breakfast is the easy solution. It provides an entrée, fruit, juice, and milk to satisfy your hunger until lunch.

Eat school lunch. School lunch helps you control your food and beverage portions and increases the chances that you will eat fruits and vegetables.

Eat dinner with your family. When you eat home-cooked meals with your family, you are more likely to consume healthy foods. Having meals together also gives you a chance to reconnect with each other and share news about your day.

Get involved in grocery shopping and meal planning at home. Going food shopping and planning meals with family members or friends can be fun. Not only can you choose a favorite grocery store, and healthy foods and recipes, you also have a chance to help others in your family eat healthily too.

Monday, September 9, 2019

Breakfast
- Eggs & Sausage Wrap, with Maple Syrup, Applesauce Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

Lunch
- Hamburger Pizza, Buffalo Style Chicken Munchins with Tea Roll, Cheese Pizza 
- Slappy Joe Sandwich, Sandwich of the Day: Smoked Turkey & Mozzarella, Golden Corn

Tuesday, September 10, 2019

Breakfast
- Cinnamon Muffin Square, Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

Lunch
- Macho Nachos, Chicken and Cheese Taquitos
- Not So Macho Nachos, Country Beef Cutlet on a Bun
- Sandwich of the Day: Turkey & American, Retired Beans
- Green Beans

Wednesday, September 11, 2019

Breakfast
- Biscuit, Frozen Peach Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

Lunch
- Hamburger on a Bun, Cheesy Dog on a Bun
- Chicken Alfredo with Penne Pasta, Tea Roll
- Cheeseburger on a Bun, Hot Dog on a Bun
- Sandwich of the Day: Country Boy, Baked Emoji Fried
- Lunch Bunch Grapes

Thursday, September 12, 2019

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

Lunch
- General Tso Chicken, with Steamed Brown Rice & Tea Roll
- Spicy Chicken on a Bun, Beef Lasagna with Tea Roll
- Crispy Chicken Patty on a Bun, Sandwich of the Day: Turkey Dell
- Baked School Fries, Golden Corn, Fortune Cookie

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

Breakfast & Lunch
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- For cold lunches, to-go 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, Sunflower & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian winners chosen daily.
- Roasted Red Pepper Hummus and Santa Fe Chippers are vegetarian winners chosen daily.

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

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

Every Day
- Most grains items are whole-grain rich.

Breakfast & Lunch
- Most grains items are whole-grain rich.
- Beverages include water, milk, 1% & low-fat milk, low-sodium ranch dressing.

Lunch
- Chicken Alfredo, Penne Pasta & Low-sodium Ranch Dressing.
- English Muffin with Strawberry Fruit Spread.
- Butter and Jelly Sandwiches are vegetarian.
- Roasted Red Pepper Hummus and Santa Fe Chippers are vegetarian.
- Happy Meals include a small menu choice, a side, and a drink.

National Fortune Cookie Day!

With our website for nutritional information, feedback/evaluation applications, and more about our program at [www.district.ops.org](http://www.district.ops.org) Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8658. School lunch money may be transferred to other accounts, carried over from 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.schoolkAFE.com.
For a complete Breakfast, you must select three stars, at least one star must be a vegetable or a fruit.

Atkins? Vegan? South Beach? Keto? Paleo? With a world focused on dieting, how do you determine what is healthy? You can spot a 'fad' diet because they eliminate certain foods, especially ones containing necessary nutrients. Depriving your body from necessary nutrients can cause detrimental health issues later in life. While you might lose weight, it is usually temporary. Here are ways to spot a bad diet:

- Recommendations that promise a quick fix.
- Claims that sound too good to be true.
- Dramatic statements that go against a reputable scientific organization.
- Lists 'good' and 'bad' foods.
- Elimination of one or more of the five food groups (fruits, vegetables, grain, protein, or dairy).
- Recommendations made to help sell a product.

The best way to lose weight is by exercising 30 minutes a day, eating at least 5 servings of fruits and vegetables each day, consuming low-fat and fat-free dairy, eating whole grains, and drinking plenty of water. Losing weight takes time, so be patient.

Monday, September 16, 2019

**Breakfast**
- **Sausage Breakfast Pizzazz Pizza**
- **Hot Oatmeal or Assorted Cold Cereal**
- **Apple Oatmeal Bars or Chocolate Oatmeal Bars**
- **Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grahamss**

**Lunch**
- **Beef Ranchero Pizza**
- **Cheese Breadsticks with Pasta Sauce**
- **Oven Baked Fiery Chicken &/or Mini Cornbread Muffin**
- **Sandwich of the Day: Smoked Turkey & Mozzarella**
- **Greens Beans**
- **Baked Frieds**
- **Chef Salad: Diced Egg, American, Lettuce & Spinach Mix, & Tea Rolls**

Tuesday, September 17, 2019

**Breakfast**
- **Glazed Cinnamon Roll**
- **Hot Apple Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars**
- **Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grahamss**

**Lunch**
- **Mini Corn Dogs**
- **BBQ Rib on a Bun**
- **Chicken Egg Roll w/ Teriyaki Chicken Dippers and Steamed Brown Rice**
- **Sandwich of the Day: Turkey Deli**
- **Steamed Fresh Broccoli**
- **Baked Potato Smiles**
- **Chef Salad: Grilled Chicken Strips, Cheddar, Lettuce & Spinach Mix, & Tea Rolls**

Wednesday, September 18, 2019

**Breakfast**
- **Orange Crumb Muffin Top w/ Vanilla Bear Grahamss**
- **Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars or Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grahamss**

**Lunch**
- **Pork Tenderloin on a Bun**
- **Pizzeria Style Cheese Pizza**
- **Beef Quasaddilla**
- **Pizzeria Style Pepperoni Pizza**
- **Sandwich of the Day: Turkey and American**
- **Steamed Green Beans**
- **Chef Salad: Smoked Turkey, American, Lettuce & Spinach Mix, Breadstick, & Tea Roll**

Thursday, September 19, 2019

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

**Lunch**
- **Creamed Turkey with Tea Rolls**
- **Hamburger on a Bun**
- **Pepperoni Pocke**
- **Cheeseburger on a Bun**
- **Sandwich of the Day: Classic**
- **Whipped Potatoes with Gravy**
- **Chef Salad: Turkey Deli, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls**

Friday, September 20, 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**

Full Paid | Reduced
--- | ---
Elem. | $1.45 | $0.40
Soc. | $1.75 | $0.40
Adult | $3.75 | $0.35
Milk | $0.35 | 

Every Day

**Breakfast & Lunch**
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- 1% or cold 1% fat free milk is offered as part of every meal, but is not required to be taken. (Gups of cold water are available, free of charge.)
- For a complete Breakfast, you must select three stars, at least one star must be a vegetable or a fruit.
- The Hamburger are served with lettuce and tomato!

**Daily Lunch Options**
- **Vanilla Paper**, Cheese Sandwich, Sunburst & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entrees offered daily.
- **Roasted Red Pepper Hummus and Spinach Chips** are vegetarian choices offered daily.
- All entrees offer fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch-dressing.

This institution is an equal opportunity provider.

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 according to Federal and state quality standards.

Our nutrition standards must be met to receive reimbursement for federal and state program meals. These nutrition standards are intended to ensure that the meals we serve are healthy and balanced.