Ah, winter! Shorter days, frigid temperatures and foul weather. Let’s face it, spending the winter alternating between napping in bed and laying across the couch sounds awfully good. But fight the temptation! Winter sports can help you burn calories, increase your cardiovascular fitness, and strengthen muscles. Activities that are weight-bearing help build stronger and denser bones. Winter is a great time to experiment with new sports. The trick is to find one that matches your interests and natural abilities.

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

**Monday, January 20, 2020**

No School

**Tuesday, January 21, 2020**

**Breakfast**
- Breakfast Sausage Wrap ™ with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Personal Pan Meat Lovers Pizza
- Buffalo Chicken Munchins™ with a Tea Roll
- Korean BBQ Beef on a Bun
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Golden Corn

**Wednesday, January 22, 2020**

**Breakfast**
- Cinnamon Muffin Square
- Iced Mixed Fruit Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Cheesburger on a Bun
- Tangerine Chicken w/ Steamed Brown Rice
- Chicken Alfredo w/ Penne Pasta & Tea Roll
- Hamburger on a Bun
- Sandwich of the Day: Country Boy
- Baked School Fries

**Thursday, January 23, 2020**

**Breakfast**
- A+ Biscuit ™
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Popcorn Chicken Bowl w/ a Tea Roll
- Country Beef Cutlet on a Bun
- Beef Lasagna w/ a Tea Roll
- Sandwich of the Day: Turkey Deli
- Whipped Potatoes w/ Gravy
- Frozen Strawberries

**Friday, January 24, 2020**

**Breakfast**
- Warm Pancakes with Maple Syrup
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Graham

**Lunch**
- Mini Corn Dogs
- Spicy Chicken Patty on a Bun
- Pepperoni Calzone ™ w/ Pasta Sauce
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Italian Deli Wrap
- Golden Corn
- Baked Tater Tots

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

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

**Lunch Prices**

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
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<tbody>
<tr>
<td>Elem.</td>
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**Our menus have been planned to meet federal regulations including but not limited to age group and portion sizes. Over the course of the school year we will rotate milk, fruits, vegetables, grains, and the vegetable subgroup consisting of dark green, yellow, red/orange, legumes, and other. Some menu items may be seasonal, may vary, and are subject to change.**

**We invite you to view our menu online at www.ops.org/breakfast.**

**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 regulations.

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

**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 1% fat free 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, Sunburst & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entrée choices offered daily.
- Roasted Red Pepper Hummus and Sun Chopped Chapters are vegetarian choices offered daily.
- If you want fresh veggies be located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.
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.

Health problems from being overweight go way beyond diabetes and heart disease. Being overweight can also affect a person’s joints, sleep, mood, breathing, and energy levels. So what is the definition of overweight?

- When people eat more calories than they burn off, their bodies tend to store the extra calories as fat. A couple of pounds of extra body fat are not a health risk for most people.
- Eventually, the body gets to a point where the amount of body fat can have a negative effect on a person’s health. We use the term "overweight" to describe someone who is at a greater risk of developing weight-related problems.
- More people are overweight today than ever before. This health problem affects young people as well as adults.

Figuring out if a teen is overweight can be more complicated than it is for adults. That’s because teens are still growing and developing. Luckily, it’s never too late to make changes that effectively control weight and the health problems it causes. Those changes don’t have to be big. And don’t be afraid to ask for help!

**Monday, January 27, 2020**

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- and *Vanilla Bean Grains*

**Lunch**
- Beef Ranchero Pizza
- Cheese Breadsticks w/ Pasta Sauce
- Spicy Black Bean Sandwich
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries
- Savory Roasted Butternut Squash

**Tuesday, January 28, 2020**

**Breakfast**
- Turkey Sausage Pizzazz Pizza
- Frozen Peach Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- and *Vanilla Bean Grains*

**Lunch**
- General Tso Chicken w/ *Steamed Brown Rice
- BBQ Rib on a Bun
- Hamburger Quesadilla
- Sandwich of the Day: Turkey Deli
- Steamed Broccoli
- Steamed Corn

**Wednesday, January 29, 2020**

**Breakfast**
- Orange Crumb Muffin Top w/ *Vanilla Bean Grains*
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- and *Vanilla Bean Grains*

**Lunch**
- Pork Tenderloin on a Bun
- Pizzeria Style Cheese Pizza
- Chicken Egg Roll w/ *Steamed Brown Rice
- Turkey Style Pepperoni Pizza
- Sandwich of the Day: Pastrami & White American on a Bagel
- Baked School Fries
- Steamed Green Beans

**Thursday, January 30, 2020**

**Breakfast**
- Glazed Cinnamon Roll
- Iced Strawberry Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- and *Vanilla Bean Grains*

**Lunch**
- Hamburger on a Bun
- Creamed Turkey w/ *Mini Cornbread Muffin
- Pepperoni Pizzas
- Cheeseburger on a Bun
- Sandwich of the Day: Classic
- Whipped Potatoes w/ Gravy

**Friday, January 31, 2020**

**Breakfast**
- Colby Cheese Omelet with a ***Warm Biscuit or ***Toffee L
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- and *Vanilla Bean Grains*

**Lunch**
- Hot Dog on a Bun
- BBQ Pulled Pork Nachos
- *A+ Cheese Pizza
- Chili Cheese Dog on a Bun
- Sandwich of the Day: Hoagie
- Homemade Baked Beans
- *Frozen Strawberries

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

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**Breakfast & Lunch Menu**

<image of menu items>

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**Every Day**

Most grain items are whole-grain rich.

**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.
- Ice 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.)

**Daily Lunch Option**

- *Yogurt Parfait, Cheese Sandwich, Sunburst & Jelly Sandwiches, and Peanut Butter & Jelly Sandwiches are vegetarian entrees offered daily.*
- *Roasted Red Pepper Hummus and Sunflower Chips are vegetarian entrees offered daily.*
- *Apples and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, healthy ranch dressing.

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**Lunch Prices**

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This information is available in alternate formats for the visually impaired. Please call 531-299-2030 for further information.

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, a positive dining environment, and innovative programs. Middle School provides a warm, welcoming environment for students and staff to enjoy a nutritious lunch. Middle School promotes the importance of mealtime as a shared family experience. School meals are prepared using wholesome ingredients and are lovingly crafted by our dedicated kitchen staff.

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Visit our website for nutrition information, free/reduced applications, and more about our program at <http://www.ochsne.org>. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-8608. 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.schoolkafk.com>.