Monday, November 18, 2019

Breakfast
- Glazed Dutch Waffle
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bean Grains

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

Chef Salad
- Diced Egg
- American, Lettuce & Spinach Mix, & Breadstick

Tuesday, November 19, 2019

Breakfast
- Breakfast Potato Casserole & a War Biscuit
- Iced Apricot Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bean Grains

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

Chef Salad
- Baja Chicken Salad: Grilled Chicken Strips, Black Bean & Corn Salsa, Lettuce & Spinach Mix, Tri-Covered Tortilla Chips, & Southwestern Ranch Dressing

Wednesday, November 20, 2019

Breakfast
- Warm Biscuit with Peanut Butter & Jelly & Sausage Patty
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bean Grains

Lunch
- Breaded Spicy Chicken Patty on a Bun
- +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

Chef Salad
- Smoked Turkey, Mozarella, Lettuce & Spinach Mix, Breadstick, & Tea Roll

Thursday, November 21, 2019

Breakfast
- Warm Pancakes with Maple Syrup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bean Grains

Lunch
- Creamed Turkey with a Mini Cornbread
- +Falafel Sub
- Fish Wedge Sandwich
- Sandwich of the Day: Hoagie
- Steamed Green Beans
- Whipped Potatoes and Gravy

Chef Salad
- Turkey Deli, American, Lettuce & Spinach Mix, & Breadstick

Friday, November 22, 2019

Breakfast
- Apple Breadstick
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bean Grains

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

Chef Salad
- Chicken Caesar Salad: Grilled Chicken Strips, Lettuce & Spinach Mix, Breadstick, Crooutons, Caesar Dressing

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

Every Day
Most grains are low-fat, low-sodium.

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. (Uses of cold water are available, free of charge.)

Daily Lunch Options
- Yogurt Packet, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entrees offered daily.
- Add one serving fresh veggie or fruit to an entree or a fruit.

Choose Your Lunch!
- Choose fresh or frozen fruits and vegetables or canned vegetables with no added sodium.
- Add herbs and spices instead of salt to season your food if you make your own meals.
- Use canned foods as a base for recipes. Processed foods, 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 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.

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 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.

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- Make meals from scratch using fresh ingredients.

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

Menu Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
<td>$1.45</td>
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Our mission is to offer equal opportunities to all students.

To enhance the health and well-being of our students, the students and staff of each building, by providing high-quality meals and eating environment, we strive to ensure that the meals are nutritious and are as healthy as possible. Medical statements can be found on our website for students requiring special meals. For more information about special meals, contact our office at 531-299-9808. 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.

Daily Meals Program: To enhance the health and well-being of our students, the students and staff of each building, by providing high-quality meals and eating environment, we strive to ensure that the meals are nutritious and are as healthy as possible. Medical statements can be found on our website for students requiring special meals. For more information about special meals, contact our office at 531-299-9808. 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 menu items are planned to meet federal regulations including, but not limited to: lean ground and pureed peas, over the course of the day, the entree, the vegetables, breads, grain-rich foods, fruits, and other grains; and the vegetable subgroups consisting of dark green, red, and orange vegetables, and the lean meat, poultry, fish, dry beans, peas, eggs. The pudding is milk-based and the label is subject to change. Our program is designed to meet the nutritional needs of all of our students. Visit our website for nutrition information, free/reduced applications, and more about our program at www.schoolcafe.com.
Middle School

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.

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 fat-free or low-fat milk. Try the below tips to make it easier to choose healthier beverages:

- 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 hours you can drink in a day.
- 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.
- 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.

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Monday, November 25, 2019

- Oatmeal Chipper Breakfast Round
- Oatmeal or Assorted Cold Cereal or Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

- Country Beef Cutlet on a Bun
- Stacked Enchiladas with Tortilla Chips
- Sichacha Fish Tacos
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked Potato Smiles
- Western Beans
- Chef Salad: Grilled Chicken Strips, American, Lettuce & Spinach Mix, & Breadstick

Tuesday, November 26, 2019

- Cinnamon Glazed French Toast
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal or Or
- Chilled Yogurt Bar or Hard Boiled Eggs and
- Vanilla Bear Grahams

- BBQ Pulled Pork Sandwich
- Mini Corn Dogs
- Personal Pan Buffalo Chicken Pizza
- Sandwich of the Day: Turkey Deli
- Curly Fries
- Chef Salad: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Breadstick

Wednesday, November 27, 2019

Thursday, November 28, 2019

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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School’s Out

Happy Thanksgiving

Thanksgiving Break No School

Thanksgiving Break No School

Visit our website for nutrition information, free/reduced applications, and more about our program at http://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 531-299-0200 for further information.

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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.

This institution is an equal opportunity provider.