Monday, February 17, 2020

School Closed

Tuesday, February 18, 2020

Breakfast
- Breakfast Turkey Sausage Pizzazz Pizza Or
- Hot Apple Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

Lunch
- Country Beef Fingers with a Tea Roll
- Bacon Cheddar Burger on a Bun
- Garlic Cheese French Bread
- Sandwich of the Day: Turkey Deli
- Baked Curly Fries

Wednesday, February 19, 2020

Breakfast
- Glazed Dutch Waffle
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

Lunch
- Breaded Spicy Chicken Patty on a Bun
- “A” Biscuit
- Crispy Chicken Patty on a Bun
- Beef Ranchero Pizza
- Sandwich of the Day: Pastami & White American on a Bagel
- Savory Roasted Butternut Squash
- Baked Tater Tots

Thursday, February 20, 2020

Breakfast
- Warm Biscuit with Peanut Butter & Jelly and Sausage Patty
- Hot Apple Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

Lunch
- Beef and Bean Burrito with Cheese Sauce
- Pepperoni Pocket
- Fiesta Burrito or with Cheese Sauce
- Tex Mex Mac N’ Cheese with a Breadstick
- Sandwich of the Day: Turkey & American
- Steamed Green Beans

Friday, February 21, 2020

Breakfast
- Warm Pancakes w/ Maple Syrup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

Lunch
- Breaded Chicken Nuggets with a Tea Roll
- Stacked Enchilada1/2 with Tortilla Chips
- BBQ Pulled Pork on a Bun
- Sandwich of the Day: Hoagie
- Homemade Baked Beans Y
- Baked School Fries

Menu Key: Y -Contains Pork I -Locally Grown V -Meatless Item S -Spicy N -New Item 1 -Vegan

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>
</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>$3.75</td>
<td>$0.35</td>
</tr>
</tbody>
</table>

有关部门 are designed to receive complaints regarding discrimination policies. Additional information can be found in Section 504, 20 U.S.C. 1400 et seq.; Title II, 28 CFR 35.100 et seq.; Title I, 28 CFR 36.300 et seq.; Title IV, 20 CFR 36.100 et seq.; and Section 508, Title II and Title V of the Rehabilitation Act of 1973, 29 U.S.C. 794 et seq.

This institution is an equal opportunity provider.

Every Day

- 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 & 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.)

Dairy Lunch Options
- Yogurt Parfait, Cheese Sandwich, Sunburst & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entree choices offered daily.
-.option menu fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.
Middle 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.

Food allergies are on the rise and most of us know someone with a food allergy. The most common food allergies are from nuts, milk, eggs, soy, fish, and wheat. Having support from friends and family is important to ensure that you stay healthy.

- Know the allergy specifics and symptoms. Being familiar with foods that contain the allergen and the reaction that it can cause will help you tremendously.
- Take it seriously and don’t share food. Food allergies may be life-threatening. Pay attention to what you are eating and how your food is being prepared.
- For some people, allergies can make them feel different or embarrassed. It’s not always easy to monitor the labels and ingredients in the food. Take care of yourself and involve all friends and family so they may help you.

---

**Monday, February 24, 2020**

- **Breakfast**
  - Blueberry muffin top with **vanilla bear** Grahams
  - **Hot Oatmeal** or **Assorted Cold Cereal**
  - Chilled Yogurt Bar or Hard Cooked Eggs and **Vanilla Bear Grahams**

- **Lunch**
  - **Country beer** Cutter on a bun
  - **Oven Fiery Baked Chicken** with a **Breadstick**
  - **Sandwich of the Day:** Smoked Turkey & Mozzarella
  - **Baked School Fries**
  - **Western Beans**

- **Dinner**
  - **Chef Salad:** Grilled Chicken Strips, White American, Spinach Salad, Croutons, & Breadstick

---

**Tuesday, February 25, 2020**

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

- **Lunch**
  - **Rotini with Marinara Sauce** or **Italian Meat Sauce**
  - Mini Corn Dogs
  - **Grilled Buffalo Chicken Salad** with a **Tea Roll**
  - **Sandwich of the Day:** Turkey Deli
  - Steamed Green Beans

- **Dinner**
  - **Chef Salad:** Smoked Turkey, Mozzarella, Spinach Salad, & Breadstick

---

**Wednesday, February 26, 2020**

- **Breakfast**
  - **Glazed Cinnamon Roll**
  - Hot Oatmeal or **Assorted Cold Cereal**
  - Chilled Yogurt Bar or Hard Cooked Eggs and **Vanilla Bear Grahams**

- **Lunch**
  - Fish Wedge on a Bun
  - Cheese Breadsticks with Pasta Sauce
  - **Popcorn Chicken** with a **Breadstick**
  - **Sandwich of the Day:** Pastrami and White American on a Bagel
  - Steamed Carrots
  - Sweet Potato Fries

- **Dinner**
  - **Chicken Caesar Salad:** Grilled Chicken Strips, Spinach Salad, Breadstick, Croutons, & Caesar Dressing

---

**Thursday, February 27, 2020  National Strawberry Day**

- **Breakfast**
  - **No School**

- **Lunch**
  - **No School**

- **Dinner**
  - **No School**

---

**Friday, February 28, 2020**

- **Breakfast**
  - **No School**

- **Lunch**
  - **No School**

---

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

Visit our website for nutrition information, free/reduced applications, and more about our program at [www.schoolcafe.com](http://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 531-299-9859. 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 [http://district.ops.org](http://district.ops.org).

---

**Lunch Prices**

<table>
<thead>
<tr>
<th></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>$3.75</td>
<td>$0.40</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.35</td>
<td></td>
</tr>
</tbody>
</table>

---

Every Day

- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- Our cold 1% or 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, Sunflower & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches** are vegetarian alternate choices offered daily.
- Roasted Red Pepper Hummus and Sun-Crunch in Chapters are vegetarian alternate choices offered daily.
- **Turkey and Fresh Vegetables** are located on our Veggie Bar. They are offered with our homemade low-fat, low-calorie ranch dressing.

---

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