Have fun with your friends!

Being active can be more fun with other people, like friends or family members. You may also find that you make friends when you get active by joining a sports team or dance club. Mix things up by choosing a different activity each day. Try kickball, flashlight tag, or other activities that get you moving, like walking around the mall. Involve your friends and challenge them to be healthy and get active by joining a sports team or dance club. Mix things up by choosing a different activity each day.

Sign up for active events together, such as charity walks, fun runs, or scavenger hunts.

What if I don’t have money for sports equipment or activities?

Don’t run or use free community facilities, such as the school tracks and basketball courts, to be active at least 60 minutes each day. If you want to play a free game or that requires equipment, check with neighbors or school at the library or borrow or share supplies. A school guidance counselor or a PE teacher or coach could help you join a sports team you are interested in. They may provide you with the club codes or reduce fees, or if you could apply for a “scholarship” for certain activities.

Monday, March 16, 2020

Breakfast

- Orange Crumb Muffins Top
- Peanut Butter Sandwich
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- Vanilla Bean Graham

Lunch

- Spicy Black Bean Sandwich
- Beef Ranchero Pizza
- Cheesy Breadsticks w/ Pasta Sauce
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries
- Steamed Green Beans

St. Patrick’s Day

Tuesday, March 17, 2020

Breakfast

- Glazed Raised Donut
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- Vanilla Bean Graham

Lunch

- Lemongrass Chicken w/ Steamed Brown Rice
- BBQ Rib on a Bun
- Hamburger Quesadilla
- Sandwich of the Day: Turkey Deli
- Steamed Fresh Broccoli
- Steamed Peas

Chef Salad: Grilled Chicken Strips, Mozzarella, Spinach Salad, & Breadstick

Wednesday, March 18, 2020

Breakfast

- Breakfast Sausage Pizzazza Pizza
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- Vanilla Bean Graham

Lunch

- Pizzazza Style Cheese Pizza
- Soppy Joe on a Bun
- Chicken Egg Roll w/ Steamed Brown Rice
- Pizzazza Style Pepperoni Pizza
- Sandwich of the Day: Pastrami & White American on a Bagel
- Baked School Fries
- Western Beans
- Frozen Whole Strawberries

National Sloppy Joe Day

Thursday, March 19, 2020

Breakfast

- Glazed Cinnamon Roll
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- Vanilla Bean Graham

Lunch

- Chicken Nugget w/ Tea Roll
- Hamburger on a Bun
- Pepperoni Pocket
- Cheeseburger on a Bun
- Sandwich of the Day: Classic
- Whipped Potatoes w/ Gravy
- Apple Crisp

Chef Salad: Turkey Deli, American, Spinach Salad, & Breadstick

Friday, March 20, 2020

Breakfast

- Colby Cheese Omelet w/ a Warm Biscuit or Tortilla
- Iced Mixed Fruit Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Cooked Eggs
- Vanilla Bean Graham

Lunch

- Cheesy Dog on a Bun
- BBQ Pulled Pork Nachos
- Hot Dog on a Bun
- + Cheese Pizza
- Sandwich of the Day: Hoagie
- Golden Corn
- Iced Blueberries

Chef Salad: Grilled Chicken Strips, Black Bean & Corn Salsa, Spinach Salad, Tri-Colored Tortilla Chips, Southwest Ranch Dressing

Menu Key: 🍳-Contains Pork 🍳G- Locally Grown 🍳M- Meatless Item 🍳S- Spicy 🍳N- New Item 🍳V- Vegan

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.
- We cold milk & 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 Parm, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entire meals offered daily.
- Roasted Red Pepper Hummus and Side Salad are vegetarian entire meals offered daily.
- All-you-can-eat fresh vegetables are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

Visit our website for more nutrition information, healthy-lifestyle activities, and more information about our programs at http://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 531-209-0210 for further information.

Our Mission Statement: To enhance the health and well-being of our students, the students and staff of the school, to provide healthy, nutritious, enjoyable meals and to establish an environment that will encourage long-term healthy habits.

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