Monday, August 12, 2019

Get Ready

Tuesday, August 13, 2019

For a Great School Year!

Wednesday, August 14, 2019

Breakfast
- Glazed Raised Donut
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bean Grains

Lunch
- Chicken & Cheese Taquitos
- Hamburger Pizza
- Cheesy Dog on a Bun
- Sandwich of the Day: Turkey Deli
- Baked Curly Fries

Thursday, August 15, 2019

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

Lunch
- Spicy Chicken Patty on a Bun
- Smothered Burrito
- Cheese Breadsticks with Pasta Sauce
- Crispy Chicken Sandwich
- Sandwich of the Day: Country Boy
- Fresh Corn-on-the-Cob
- Fresh Watermelon

<table>
<thead>
<tr>
<th>Menu Key:</th>
<th>-Contains Pork</th>
<th>-Locally Grown</th>
<th>-Meatless Item</th>
<th>-Spicy</th>
<th>-New Item</th>
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</thead>
</table>

Friday, August 16, 2019

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

Lunch
- Country Beef Cutlet on a Bun
- Pepperoni Calzone with Pasta Sauce
- Hot N Spicy Chicken Tenders with a Tea Roll
- Sandwich of the Day: Classic
- Baked Potato Smiles
- Steamed Carrots

The Breadcr Patti Sandwiches are offered with lettuce and tomato!

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

Every Day
- Most grains items are whole-grain rich.
- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and blueberries. Assorted canned or frozen fruits and 100% juice will also be available.
- As a cold 1% fat 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, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entire choices offered daily.
- Assorted Red Pepper Hummus and Sante Fuji Chips are vegetarian entire choices offered daily.

Visit our website for nutrition information, free/reduced applications, and more about our program at http://district.ops.org.

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 accompanied by high quality service.
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.

For some people, choosing which sports to pursue throughout high school is hard because they have never really played an organized sport before and aren’t sure what they’ll most enjoy. Others may not be the biggest fans of organized sports, but there are other fun and exciting options out there for you.

- Take a hike and bring your bike. This is a great way to learn about nature while still getting your heart rate up.
- Water is the perfect place to give yourself new challenges. Besides swimming, try canoeing, kayaking, fishing, rowing, etc.
- Find your inner self. Try yoga, Pilates, or Tai chi. These activities can improve flexibility, strength, balance, and stamina. They also may help reduce stress and anxiety.

Whether you choose one sport or three, make sure you give yourself a break from intense competition with some cross-training activities. No matter the dilemma, you have the make it that the decision is best for you. Sports and activities are meant to be fun, so go out there and enjoy!

Monday, August 19, 2019

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanillas Bear Grains

**Lunch**
- Cheesburger on a Bun
- Chicken Quesadilla with Steamed Brown Rice
- Mini Corn Dogs
- Hamburger on a Bun
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries

The Hamburger and Cheesburger is offered with lettuce and tomato!

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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 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**
- Yoga Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entire choices offered daily.
- Roasted Red Pepper Hummus and Spinach & Feta Chips are vegetarian entire choices offered daily.
- All breads and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, bee sodium ranch dressing.

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

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

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Tuesday, August 20, 2019

**Breakfast**
- Scrambled Eggs with a Sausage Pattiy & a Warm Biscuit or Tortilla 🍳
- Frozen Peach Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanillas Bear Grains

**Lunch**
- Chicken & Cheese Taquitos
- Pepperoni Pizzeria Style Pizza 🍳
- Fish Wedge Sandwich 🍳
- Cheese Pizzeria Style Pizza 🍳
- Sandwich of the Day: Turkey & American 🍳
- Sweet Potato Fries 🍳
- Green Beans 🍳

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

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Wednesday, August 21, 2019

**Breakfast**
- Breakfast Sausage Wrap with Maple Syrup 🍳
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanillas Bear Grains

**Lunch**
- Macho Nachos 🍳
- Pepperoni Pocket 🍳
- Not-So Macho Nachos 🍳
- Buffalo Chicken Sandwich 🍳
- Sandwich of the Day: Country Boy 🍳
- Refried Beans 🍳
- Golden Corn 🍳

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Thursday, August 22, 2019

**Breakfast**
- Oatmeal Chipper Breakfast Round 🍳
- Hot Apple Oatmeal or Assorted Cold Cereal 🍳
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanillas Bear Grains 🍳

**Lunch**
- Breaded Chicken Nuggets with a Tea Roll 🍳
- Spanish Hamburger with a Tea Roll 🍳
- BBQ Rib Sandwich 🍳
- Sandwich of the Day: Classic 🍳
- Flaming Potatoes 🍳
- Western Beans 🍳

Chef Salad: Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, Croutons, & Breadstick

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Friday, August 23, 2019

**Breakfast**
- Glazed Cinnamon Roll 🍳
- Hot Oatmeal or Assorted Cold Cereal 🍳
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanillas Bear Grains 🍳

**Lunch**
- General Tso Chicken with Steamed Brown Rice and a Tea Roll 🍳
- A+ Cheese Pizza 🍳
- BBQ Pulled Pork Sandwich 🍳
- A+ Italian Sausage Pizza 🍳
- Sandwich of the Day: Hoagie 🍳
- Steamed Fresh Broccoli 🍳
- Steamed Carrots 🍳

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

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Menu Prices

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<tr>
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This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

Our Mission Statement: To enhance the health and well-being of our students, the staff and the community served by providing high-quality meals and beverages in a safe and healthy environment.

For more information about special menus, contact our office at 531-321-4270. Students requiring special meals. For more information about special menus, contact our office at 531-321-4270.