Monday, August 26, 2019

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

**Lunch**
- Siracha Fish Tacos
- Cheeseburger on a Bun
- Cheesy Garlic Flatbread
- Hamburger on a Bun
- Sandwich of the Day: Turkey Deli
- Cheesy Potatoes

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

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Tuesday, August 27, 2019

**Breakfast**
- Breakfast Potato Casserole &
- Warm Mini Biscuit
- Iced Mixed Fruit Cup
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
  - Vanilla Bean Grains

**Lunch**
- Chicken Tacos
- Buffalo Chicken Munchins
- Hamburger Quesadilla
- Soft Shell Tacos
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Refried Beans &
  - Golden Corn

**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 28, 2019

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

**Lunch**
- Breaded Spicy Chicken Patty
- A+ Biscuit
- Crispy Chicken Patty on a Bun
- Beef Fingers with a Tea Roll
- Sandwich of the Day: Turkey & American Ciabatta
- Baked Curley Fries & Glazed Butternut Squash
- Fresh Lunch Bunch Grapes

**Chef Salad:**
- Smoked Turkey, Cheddar, Lettuce & Spinach Mix, Breadstick, & Tea Roll

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Thursday, August 29, 2019

**Breakfast**
- Blueberry Muffin Square
- Hot Apple Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and
  - Vanilla Bean Grains

**Lunch**
- Beef & Bean Burrito w/ Cheese Sauce
- Pepperoni Pocket
- Tex Mex Mac N' Cheese with Breadstick
- Sandwich of the Day: Turkey & American
- Steamed Green Beans
- Salsa: Red, Green, & Yellow Bell Peppers

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

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Friday, August 30, 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**
- General Tso Chicken
  - with Steamed Brown Rice
  - Sweet N' Sour Chicken with Steamed Brown Rice
  - Personal Pan Pizza - Pepperoni
  - Sandwich of the Day: Classic
  - Baked School Fries
  - Steamed Carrots

**Chef Salad:**
- Turkey Deli, Mozzarella, Lettuce & Spinach Mix, & 2 Tea Rolls

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

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

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Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Paid</th>
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<tr>
<td>Milk</td>
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</tbody>
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Our menus have been planned to meet federal regulations including but not limited to minimum fat content, protein and fat content, and the number of calories. All fresh vegetables, fruits, and the vegetable subgroups consisting of dark green, red and orange vegetables are high in fiber and essential vitamins and minerals. Our vegetables are locally grown and may vary on different occasions due to the seasons. The nutritional information includes calories, grams of fat, carbohydrate, protein and cholesterol content. The nutritional information is based on the USDA National Nutrient Database for Standard Reference, Release 28. Allergens are not always listed in our menus or in their packaging. Always ensure that these items are not an issue with your child before serving.

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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.

- Be cold 1% fat free milk is offered as part of every meal, but is not required to be taken. (Guts of cold water are available, free of charge.)

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Daily Lunch Options
- Yogurt Parfait, Cheese Sandwich, Sunflower & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian options offered daily.
- Roasted Red Pepper Hummus and Sam & Chairs are vegetarian options offered daily.
- All fresh fruits and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

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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.

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Be media smart! Advertisements, TV shows, and the internet can affect how you choose to eat and spend your time. Many ads try to persuade you to purchase food and drink items that are high in fats, sugars, and salts and try to sell products, such as video games. While these areas are okay in moderation, the media can negatively affect decision-making and can be costly to your health. Try these tips to be media smart:

- Limit your screen time. 2 hours maximum should be spent on screen time. Plan an activity each night after dinner such as taking the dog for a walk, go for a family bike ride, play charades, or play Twister.
- Play more interactive video games. Invest or rent video games that require you to move your arms and legs while standing.
- Use MyPlate to pick your meals. Menus with the nutritional information can be viewed online to restaurants and fast food operations. Select foods and beverages that are lower in sugar, salt, and fat. Make half of your meal fruits and vegetables, choose lean proteins, such as chicken, fish, and eggs; and choose whole grains if the option is available.
- Choose healthier beverages. Consuming a soda occasionally is okay, but they contain a significant amount of added sugar.

Choose healthier beverages, such as milk, iced tea, coffee, 100% juice, or water.

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This institution is an equal opportunity provider.

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To enhance the health and well-being of our customers, the students and staff of all schools try to sell healthier beverages, such as milk, iced tea, coffee, 100% juice, or water. Choose healthier beverages, such as milk, iced tea, coffee, 100% juice, or water.

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- Choose healthier beverages. Consuming a soda occasionally is okay, but they contain a significant amount of added sugar.

Choose healthier beverages, such as milk, iced tea, coffee, 100% juice, or water.

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- Limit your screen time. 2 hours maximum should be spent on screen time. Plan an activity each night after dinner such as taking the dog for a walk, go for a family bike ride, play charades, or play Twister.
- Play more interactive video games. Invest or rent video games that require you to move your arms and legs while standing.
- Use MyPlate to pick your meals. Menus with the nutritional information can be viewed online to restaurants and fast food operations. Select foods and beverages that are lower in sugar, salt, and fat. Make half of your meal fruits and vegetables, choose lean proteins, such as chicken, fish, and eggs; and choose whole grains if the option is available.
- Choose healthier beverages. Consuming a soda occasionally is okay, but they contain a significant amount of added sugar.

Choose healthier beverages, such as milk, iced tea, coffee, 100% juice, or water.
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.

- Eat a rainbow! Fruits and vegetables fall into five different color categories, red, purple, blue, orange, green, white and brown. Each color carries its own set of unique disease-fighting chemicals called phytochemicals. These phytochemicals give fruits and vegetables their vibrant color and their health properties. Check out how each color is good for you!
  - **Red.** The red plant pigment called lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.
  - **Purple/Blue.** The plant pigment, anthocyanin, is what gives blue/purple fruits and vegetables their distinctive color and has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke, and heart disease.
  - **Orange/Yellow.** Carotenoids give this group their vibrant color. Beta-carotene and lutein are types of carotenoids that are good for healthy mucous membranes and eyes.
  - **Green.** Green vegetables contain a range of phytochemicals including carotenoids, indoles, and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate, which is good for cell growth and metabolism.
  - **Brown/White.** White fruits and vegetables contain a range of health-promoting phytochemicals such as allin (found in garlic), which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes are good sources of potassium, which is good for muscles.

**Monday, September 2, 2019**

No School!

**Tuesday, September 3, 2019**

**Breakfast**
- Blueberry Muffin Top with Vanilla Bear Graham Or
- Hot Apple Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Country Beef Cutlet on a Bun
- Hot N' Spicy Chicken Tenders with Tea Roll
- Mini Corn Dogs
- BBQ Beef on a Bun
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries
- Western Beans

**Wednesday, September 4, 2019**

**Breakfast**
- Glazed Cinnamon Roll
- Frozen Peach Cup Or
- Hot Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Fish Wedge on a Bun
- Cheese Breadcrumbs with Pasta Sauce
- Baked Potato with Pulled Pork & Cheese with Tea Roll
- Sandwich of the Day: Pastrami & White American on a Bagel
- Steamed Fresh Broccoli
- Baked Potato

**Thursday, September 5, 2019**

**Breakfast**
- Colby Cheese Omelet with Warm Biscuit or Tortilla
- Iced Mixed Fruit Cup Or
- Hot Apple Oatmeal or Assorted Cold Cereal Or
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Graham

**Lunch**
- Cheesy Dog on a Bun
- Popcorn Chicken with Tea Roll
- Stuffed Hot Dog on a Bun
- Hot Dog on a Bun
- Sandwich of the Day: Turkey & American
- Sandwich of the Day: Classic
- Steamed Peas
- Hashbrown Potato Rounds

**Friday, September 6, 2019**

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

**Lunch**
- Pizzeria Style Cheese Pizza
- Pork Tenderloin on a Bun
- Pizzeria Style Pepperoni Pizza
- Breaded Chicken Parmesan Sandwich
- Sandwich of the Day: Classic
- Steamed Peas
- Hashbrown Potato Rounds

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

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

**Every Day**
- Most grain items are whole-grain rich.
- **Breakfast & Lunch**
  - Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and blueberries. Assorted canned or frozen fruits and 100% juice will also be available.
  - Cold V. Seltzer is sold 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 & Jelly Sandwiches are vegetarian. Entire choices are offered daily.
  - Seasoned Red Pepper Hummus and Santa's Chopsticks are vegetarian. Entire choices are offered daily.
  - If you can't eat fresh veggies, they are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

**Lunch Prices**

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Visit our website for nutrition information, free/reduced applications, and more about our program at [http://nutrition.ohs.org](http://nutrition.ohs.org). Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0895. 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 online payments at [www.schoolcfo.com](http://www.schoolcfo.com).