



OPRF AT YOUR SERVICE...

**No Muss
No Fuss
Leave It To Us**

Looking for a way to celebrate your student's special occasion?

Birthday?
Great Grades?
Scholarship Winner?
Competition Win?

Here's a proven winner!

A unique one-of-a-kind Celebration Lunch delivered to their favorite cafeteria table.



**PIZZA
BEVERAGES
DESSERT
FAVORS**

We'll custom design a celebration just for you!

We welcome your comments and questions.

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click Food Services

MEALS ARE A SNAP

BREAKFAST & LUNCH

... AT YOUR SERVICE



OAK PARK & RIVER FOREST HIGH SCHOOL
FOOD & NUTRITION SERVICES
2010-2011



BREAKFAST

7:15 a.m. - 7:45 a.m.

Nutritionally balanced breakfast foods available in a great location for morning socializing and studying to get your students off to a great day.

LUNCH

10:45 a.m. - 1:10 p.m.



SANDWICH & SALAD BAR
Sandwiches Made to Order
Salads Made to Order
Online Ordering

MAIN EVENT
"Hot Meal" Specialties
Grilled Cheese
"Top It Off" Bar of the Month
Hamburger/Cheeseburger



OLE'
Burrito
Taco Salad
Nachos
Oriental Fare

CIAO DOWN
Pasta/Choice of Sauce
Thick or Thin Pizza
Pizza Puff
Cheese or Garlic Bread

HUSKIE GRILL
Chicken Strips
Fried/Grilled or Spicy Chicken
Egg Roll

SECRET GARDEN
Soup and Salad Bar
Fruit Galore
Yogurt

HUSKIE EXPRESS
Local Pizza - Delivered Fresh (M,W,F)
Subway (Tu/Th)
Tony's Pizza (Tu/Th)

"O-ZONE"
Muffins/Bagels
Chips/Candy
Ice Cream/Smoothies

THE COMBO MEAL IS THE REAL DEAL!

Student Breakfast Combo Price: *\$1.75 - \$2.50

Student Lunch Combo Prices : *\$2.50 - \$4.50

*Price is based on the selection of the Main Dish.

If you need help building your meal, ask the OPRF Food and Nutrition Service Staff, "Is this part of a Combo Meal?"

A combo meal is nutritionally balanced and consists of a main dish (protein), bread/grain, fruit, vegetable and 1/2 pint of milk! You build a combo meal by choosing any three, four, five or all six parts of a combo lunch.

MAKE MEALS A SNAP!

SNAP - (School Nutrition Accountability Program) is a computerized cash register system, enabling parents and students to prepay for School Food Services.

WHY SHOULD I OPEN A SNAP ACCOUNT?

- . **CONVENIENT** - Students won't have to remember to bring lunch money to school each morning - or worry about having enough money when they get to the cashier.
- . **QUICK** - IT'S QUICK! Once an account is activated, students just pick up their food, **run their ID card through the card reader** near the cashier and go! They can begin using their SNAP Account as soon as a deposit is made.
- . **SAFE** - IT'S SAFE! Once money is deposited in a SNAP Account, it can't be lost.

HOW DO I OPEN MY SNAP ACCOUNT?

- . Go online to pay by credit card @ www.oprfhs.org and click on online payments
- . Complete the enclosed prepayment form.
- . Send it with a check, money order or cash.
- . Mail prepayment to:
Oak Park & River Forest High School
Food & Nutrition Services
201 North Scoville
Oak Park, Illinois 60302
- . You may also send a payment with your child who may turn it in at the Food & Nutrition Services Office in the North Cafeteria.
- . Prepayments also will be accepted during August registration.

BUT I MAY QUALIFY FOR FEDERAL MEAL BENEFITS!

SNAP is for you, too! Once an application is approved, the students will use their ID to pay for their meals. No other special tickets are needed and only the computer knows the student's status.

Please fill out the enclosed Free & Reduced School Meals



*** SCHOOL MEALS — DO 'EM DAILY! ***