

Vegan Options at OPRF HS

Combo Meals

- Nachos: corn tortillas, black beans, lettuce, tomato, jalapeños + fruit/veg side
- Stir Fry: edamame, pea pods, carrots, onions, broccoli, red pepper, spinach, tofu, brown rice + fruit/veg side
- Pasta: whole wheat pasta w/ marinara sauce + fruit/veg side
- Salad: vegetarian chef salad + graham cracker side
- Bistro Boxes: hummus or peanut butter, pita bread, carrots & celery, apple
 - *Does come with a self-contained cheese stick*
- Sandwiches:
 - PB&J + fruit/veg side
 - Whole wheat bread OR Wrap + all vegetables, mustard (lettuce, tomato, jalapeno, cucumber, carrots) + fruit/veg side

Breakfast Items

- Dry Cereals: Cheerios, Cinnamon Chex, Cinnamon Toast Crunch, Cocoa Puffs
- Whole Wheat Bagel
- PopTarts & Belvita Bars
- Sides: Hash browns, Fresh Fruit, 100% Fruit Juice

Ala Carte & Vending Items

- Snack Bars
 - Nature valley (Oats n' Dark Chocolate & Oats n' Honey) (*NOT salty and sweet bars*)
 - Cliff Bar (Cool Mint Chocolate, White Chocolate Macadamia, Coconut Chocolate Chip)
 - Belvita Breakfast Bars & PopTarts
 - Cinnamon Toast Crunch Cereal Bar
- Gobanzos (Roasted Garbanzo Beans)
- Shelled Peanuts
- Scooby-Doo Fruit Snacks
- Raisels (sour flavored raisins)
- Chips & Crackers
 - Pretzels
 - Baked Original Lays
 - Whole Earth Kettle Corn
 - Wheat Thins
 - Graham Crackers
 - Wheat Saltines
- Smoothie (strawberry-banana flavor)
- Slushie (100% Fruit Juice)
- Bottled Beverages
 - Naked juices
 - Izze
 - Orange & Apple Juice
 - Calorie-free Pepsi products