

D97 Breakfast October

2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Whole Grain Cereal Bar 100% Juice	2 Whole Grain Muffin 100% Juice
5 Whole Grain Muffin 100% Juice	6 Whole Grain Cereal Cup 100% Juice	7 Super Bakery Bread 100% Juice	8 Whole Grain Muffin 100% Juice	9 Whole Grain Cereal Bar 100% Juice
12 Whole Grain Cereal Bar 100% Juice	13 Whole Grain Cereal Cup 100% Juice	14 Whole Grain Muffin 100% Juice	15 Benefit Breakfast Bar 100% Juice	16 Super Bakery Bread 100% Juice
19 Whole Grain Muffin 100% Juice	20 Whole Grain Cereal Cup 100% Juice	21 Benefit Breakfast Bar 100% Juice	22 Whole Grain Cereal Bar 100% Juice	23 Whole Grain Muffin 100% Juice
26 Whole Grain Muffin 100% Juice	27 Whole Grain Cereal Cup 100% Juice	28 Super Bakery Bread 100% Juice	29 Whole Grain Muffin 100% Juice	30 Whole Grain Cereal Bar 100% Juice

Allergen Warning

This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients is available on the product label. FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.

OPRF High School is not a nut-free facility.

Nutrition Notes

We follow the robust USDA guidelines that provide a well-balanced meal for students, including protein, grains, fruits, vegetables and milk. Our grains are always whole-grain (WG), proteins are lean and low-sodium; fruit and vegetables are plentiful and sourced from America; and milk is local and free from rBST and HFCS.

Check your Student's account online

To make online payments and check balances, visit My Mealtime: <https://www.mymealtime.com/>
For more information about District 97 Meal Program, please contact: Ms. Carla Ellis,
Food Service Coordinator - cellis@op97.org
Or visit: <http://www.op97.org/business-office/food-service>

D97 Lunch October

2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Hamburger with Cheese on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	2 Chicken Tenders Seasonal Fruit Seasonal Vegetable
5 French Bread Pizza Seasonal Fruit Seasonal Vegetable	6 Cheese Filled Breadsticks Seasonal Fruit Seasonal Vegetable	7 Chicken Nuggets Seasonal Fruit Seasonal Vegetable	8 Cold-Cut Turkey Combo Sub & American Cheese Seasonal Fruit Seasonal Vegetable	9 Pizza Kit with Flatbread Crust, Marinara, Mozzarella Cheese Seasonal Fruit Seasonal Vegetable
12 Breaded Cheese Filled Mozzarella Sticks Seasonal Fruit Seasonal Vegetable	13 Orange Chicken over Brown Rice Seasonal Fruit Seasonal Vegetable	14 Breaded Chicken Patty Sandwich on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	15 Deli Turkey Sandwich & American Cheese on Whole Wheat Bread Seasonal Fruit Seasonal Vegetable	16 Cheese Nachos Seasonal Fruit Seasonal Vegetable
19 Personal Cheese Pizza Seasonal Fruit Seasonal Vegetable	20 Italian Turkey Combo Sub & American Cheese Seasonal Fruit Seasonal Vegetable	21 Beef Nachos Seasonal Fruit Seasonal Vegetable	22 Beef Hamburger with Cheese on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	23 Chicken Tenders Seasonal Fruit Seasonal Vegetable
26 Cheese Filled Bread Sticks Seasonal Fruit Seasonal Vegetable	27 French Bread Cheese Pizza Seasonal Fruit Seasonal Vegetable	28 Chicken Nuggets Seasonal Fruit Seasonal Vegetable	29 Cold-Cut Turkey Combo Sub & American Cheese Seasonal Fruit Seasonal Vegetable	30 Pizza Kit with Flatbread Crust, Marinara, Mozzarella Cheese Seasonal Fruit Seasonal Vegetable

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