

D97 Breakfast November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Cereal Bar 100% Juice	3 Whole Grain Cereal Cup 100% Juice	4 Whole Grain Muffin 100% Juice	5 Whole Grain Cereal Bar 100% Juice	6 Super Bakery Bread 100% Juice
9 Whole Grain Muffin 100% Juice	10 Whole Grain Cereal Cup 100% Juice	11 Benefit Breakfast Bar 100% Juice	12 Whole Grain Cereal Bar 100% Juice	13 Whole Grain Cereal Cup 100% Juice
16 Whole Grain Muffin 100% Juice	17 Whole Grain Cereal Cup 100% Juice	18 Benefit Breakfast Bar 100% Juice	19 Whole Grain Muffin 100% Juice	20 Whole Grain Cereal Bar 100% Juice
23 Whole Grain Cereal Bar 100% Juice	24 Whole Grain Cereal Cup 100% Juice	25 Benefit Breakfast Bar 100% Juice	26 Whole Grain Cereal Bar 100% Juice	27 Whole Grain Muffin 100% Juice
30 Whole Grain Muffin 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 November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Breaded Cheese Filled Mozzarella Sticks</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">3</p> <p>Orange Chicken over Brown Rice</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">4</p> <p>Breaded Chicken Patty Sandwich on a Whole Grain Bun</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">5</p> <p>Deli Turkey Sandwich & American Cheese on Whole Wheat Bread</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">6</p> <p>Cheese Nachos</p> <p>Seasonal Fruit Seasonal Vegetable</p>
<p style="text-align: right;">9</p> <p>Personal Cheese Pizza</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">10</p> <p>Italian Turkey Combo Sub & American Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">11</p> <p>Beef Nachos</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">12</p> <p>French Bread Cheese Pizza</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">13</p> <p>Chicken Tenders</p> <p>Seasonal Fruit Seasonal Vegetable</p>
<p style="text-align: right;">16</p> <p>Cheese Filled Bread Sticks</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">17</p> <p>Beef Hamburger with Cheese on a Whole Grain Bun</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">18</p> <p>Chicken Nuggets</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">19</p> <p>Cold-Cut Turkey Combo Sub & American Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">20</p> <p>Pizza Kit with Flatbread Crust, Marinara, Mozzarella Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>
<p style="text-align: right;">23</p> <p>Breaded Cheese Filled Mozzarella Sticks</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">24</p> <p>Orange Chicken over Brown Rice</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">25</p> <p>Breaded Chicken Patty Sandwich on a Whole Grain Bun</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">26</p> <p>Deli Turkey Sandwich & American Cheese on Whole Wheat Bread</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">27</p> <p>Cheese Nachos</p> <p>Seasonal Fruit Seasonal Vegetable</p>
<p style="text-align: right;">30</p> <p>Personal Cheese Pizza</p> <p>Seasonal Fruit Seasonal Vegetable</p>				

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