

# D97 Breakfast December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain Cereal Cup 100% Juice	2 Benefit Breakfast Bar 100% Juice	3 Whole Grain Cereal Bar 100% Juice	4 Whole Grain Cereal Cup 100% Juice
7 Whole Grain Muffin 100% Juice	8 Whole Grain Cereal Cup 100% Juice	9 Benefit Breakfast Bar 100% Juice	10 Whole Grain Muffin 100% Juice	11 Whole Grain Cereal Bar 100% Juice
14 Whole Grain Cereal Bar 100% Juice	15 Whole Grain Cereal Cup 100% Juice	16 Whole Grain Muffin 100% Juice	17 Whole Grain Cereal Bar 100% Juice	18 Super Bakery Bread 100% Juice
21 Whole Grain Muffin 100% Juice	22 Whole Grain Cereal Cup 100% Juice	23 Benefit Breakfast Bar 100% Juice	24 Whole Grain Cereal Bar 100% Juice	25 Whole Grain Cereal Cup 100% Juice
28 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 December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Italian Turkey Combo Sub &amp; American Cheese</b>  Seasonal Fruit Seasonal Vegetable	2 <b>Beef Nachos</b>  Seasonal Fruit Seasonal Vegetable	3 <b>Macaroni &amp; Cheese</b>  Seasonal Fruit Seasonal Vegetable	4 <b>Chicken Tenders</b>  Seasonal Fruit Seasonal Vegetable
7 <b>Cheese Filled Bread Sticks</b>  Seasonal Fruit Seasonal Vegetable	8 <b>Beef Hamburger with Cheese on a Whole Grain Bun</b>  Seasonal Fruit Seasonal Vegetable	9 <b>Chicken Nuggets</b>  Seasonal Fruit Seasonal Vegetable	10 <b>Cold-Cut Turkey Combo Sub &amp; American Cheese</b>  Seasonal Fruit Seasonal Vegetable	11 <b>Pizza Kit with Flatbread Crust, Marinara, Mozzarella Cheese</b>  Seasonal Fruit Seasonal Vegetable
14 <b>BBQ Pulled Pork Sandwich</b>  Seasonal Fruit Seasonal Vegetable	15 <b>Orange Chicken over Brown Rice</b>  Seasonal Fruit Seasonal Vegetable	16 <b>Breaded Chicken Patty Sandwich on a Whole Grain Bun</b>  Seasonal Fruit Seasonal Vegetable	17 <b>Deli Turkey Sandwich &amp; American Cheese on Whole Wheat Bread</b>  Seasonal Fruit Seasonal Vegetable	18 <b>Cheese Nachos</b>  Seasonal Fruit Seasonal Vegetable
21 <b>Cinnamon French Toast Sticks with Syrup</b>  Seasonal Fruit Seasonal Vegetable	22 <b>Italian Turkey Combo Sub &amp; American Cheese</b>  Seasonal Fruit Seasonal Vegetable	23 <b>Chicken Nachos</b>  Seasonal Fruit Seasonal Vegetable	24 <b>Macaroni &amp; Cheese</b>  Seasonal Fruit Seasonal Vegetable	25 <b>Chicken Tenders</b>  Seasonal Fruit Seasonal Vegetable
28 <b>Cheese Filled Bread Sticks</b>  Seasonal Fruit Seasonal Vegetable				

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