

# D97 Breakfast January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			Winter Break 1	Winter Break 2
Winter Break 4	Winter Break 5	Winter Break 6	Winter Break 7	Winter Break 8
Winter Break 11	Whole Grain Cereal Cup 12 100% Juice	Cinnamon French Toast Sticks with Syrup 13 100% Juice	Whole Grain Cereal Bar 14 100% Juice	Whole Grain Cereal Cup 15 100% Juice
Whole Grain Muffin 18 100% Juice	Whole Grain Cereal Cup 19 100% Juice	Cinnamon French Toast Sticks with Syrup 20 100% Juice	Whole Grain Cereal Bar 21 100% Juice	Whole Grain Cereal Bar 22 100% Juice
Whole Grain Muffin 25 100% Juice	Whole Grain Cereal Cup 26 100% Juice	Cinnamon French Toast Sticks with Syrup 27 100% Juice	Whole Grain Cereal Bar 28 100% Juice	Whole Grain Muffin 29 100% 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](mailto:cellis@op97.org)  
Or visit: <http://www.op97.org/business-office/food-service>

# D97 Lunch January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Winter Break	2 Winter Break
4 Winter Break	5 Winter Break	6 Winter Break	7 Winter Break	8 Winter Break
11 Winter Break	12 Beef Hamburger with Cheese on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	13 Chicken Nuggets Seasonal Fruit Seasonal Vegetable	14 Beef Nachos Seasonal Fruit Seasonal Vegetable	15 Pizza Kit with Flatbread Crust, Marinara Sauce, & Mozzarella Cheese Seasonal Fruit Seasonal Vegetable
18 Breaded Cheese Filled Mozzarella Sticks Seasonal Fruit Seasonal Vegetable	19 Orange Chicken over Brown Rice Seasonal Fruit Seasonal Vegetable	20 Breaded Chicken Patty Sandwich on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	21 Macaroni & Cheese Seasonal Fruit Seasonal Vegetable	22 Cheese Nachos Seasonal Fruit Seasonal Vegetable
25 Deli Turkey Sandwich & American Cheese on Whole Wheat Bread Seasonal Fruit Seasonal Vegetable	26 Chicken Nachos Seasonal Fruit Seasonal Vegetable	27 BBQ Pulled Pork Sandwich Seasonal Fruit Seasonal Vegetable	28 Chicken Tenders Seasonal Fruit Seasonal Vegetable	29 Cheese Filled Breadsticks Seasonal Fruit Seasonal Vegetable

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