

D97 Breakfast February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Cereal Cup 100% Juice	2 Whole Grain Cereal Cup 100% Juice	3 Cinnamon French Toast Sticks with Syrup 100% Juice	4 Whole Grain Cereal Bar 100% Juice	5 Whole Grain Cereal Cup 100% Juice
8 Whole Grain Muffin 100% Juice	9 Whole Grain Cereal Cup 100% Juice	10 Cinnamon French Toast Sticks with Syrup 100% Juice	11 Whole Grain Cereal Bar 100% Juice	12 Whole Grain Cereal Bar 100% Juice
15 Whole Grain Muffin 100% Juice	16 Whole Grain Cereal Cup 100% Juice	17 Cinnamon French Toast Sticks with Syrup 100% Juice	18 Whole Grain Cereal Bar 100% Juice	19 Whole Grain Muffin 100% Juice
22 Whole Grain Cereal Cup 100% Juice	23 Whole Grain Cereal Cup 100% Juice	24 Cinnamon French Toast Sticks with Syrup 100% Juice	25 Whole Grain Cereal Bar 100% Juice	26 Whole Grain Cereal Cup 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 HFCF.

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 February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Italian Turkey Combo Sub & American Cheese	Beef Hamburger with Cheese on a Whole Grain Bun	Breaded Chicken Nuggets	Beef Nachos with Shredded Cheese	Pizza Kit with Flatbread Crust, Marinara Sauce, & Mozzarella Cheese
Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable
8	9	10	11	12
Breaded Cheese Filled Mozzarella Sticks	Orange Chicken over Brown Rice	Breaded Chicken Patty Sandwich on a Whole Grain Bun	Macaroni & Cheese	Cheese Nachos
Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable
15	16	17	18	19
Deli Turkey Sandwich & American Cheese on Whole Wheat Bread	Chicken Nachos with Shredded Cheese	BBQ Pulled Pork Sandwich	Breaded Chicken Tenders	Cheese Filled Bread Sticks
Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable
22	23	24	25	26
Personal Cheese Pizza	Beef Hamburger with Cheese on a Whole Grain Bun	Breaded Chicken Nuggets	Beef Nachos with Shredded Cheese	Pizza Kit with Flatbread Crust, Marinara Sauce, & Mozzarella Cheese
Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable	Seasonal Fruit Seasonal Vegetable

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