

D97 Breakfast March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Cereal Cup 100% Juice	2 Whole Grain Cereal Bar 100% Juice	3 Cinnamon French Toast Sticks with Syrup 100% Juice	4 Whole Grain Cereal Cup 100% Juice	5 Cinnamon French Toast Sticks with Syrup 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 Cinnamon French Toast Sticks with Syrup 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 Cinnamon French Toast Sticks with Syrup 100% Juice
22 Whole Grain Muffin 100% Juice	23 Whole Grain Cereal Bar 100% Juice	24 Cinnamon French Toast Sticks with Syrup 100% Juice	25 Whole Grain Cereal Bar 100% Juice	26 Cinnamon French Toast Sticks with Syrup 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 March 2021

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

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