

D97 Breakfast April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	6 Whole Grain Cereal Cup Seasonal Fruit	7 Cinnamon French Toast Sticks with Syrup Seasonal Fruit	8 Whole Grain Cereal Bar Seasonal Fruit	9 Cinnamon French Toast Sticks with Syrup Seasonal Fruit
12 Whole Grain Muffin Seasonal Fruit	13 Whole Grain Cereal Cup Seasonal Fruit	14 Cinnamon French Toast Sticks with Syrup Seasonal Fruit	15 Whole Grain Cereal Bar Seasonal Fruit	16 Cinnamon French Toast Sticks with Syrup Seasonal Fruit
19 Whole Grain Muffin Seasonal Fruit	20 Whole Grain Cereal Cup Seasonal Fruit	21 Cinnamon French Toast Sticks with Syrup Seasonal Fruit	22 Whole Grain Cereal Bar Seasonal Fruit	23 Cinnamon French Toast Sticks with Syrup Seasonal Fruit
26 Whole Grain Muffin Seasonal Fruit	27 Whole Grain Cereal Cup Seasonal Fruit	28 Cinnamon French Toast Sticks with Syrup Seasonal Fruit	29 Whole Grain Cereal Bar Seasonal Fruit	30 Cinnamon French Toast Sticks with Syrup Seasonal Fruit

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 April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">6</p> <p>Beef Hamburger with Cheese on a Whole Grain Bun</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">7</p> <p>Breaded Chicken Nuggets</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">8</p> <p>Cheese Nachos</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">9</p> <p>Cheese Pizza</p> <p>Seasonal Fruit Seasonal Vegetable</p>
<p style="text-align: right;">12</p> <p>Turkey Sandwich with American Cheese on Whole Wheat Bread</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">13</p> <p>Orange Chicken over Brown Rice</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">14</p> <p>Breaded Chicken Patty Sandwich on a Whole Grain Bun</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">15</p> <p>Cheese Filled Bread Sticks</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">16</p> <p>Beef Nachos with Shredded Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>
<p style="text-align: right;">19</p> <p>Turkey Combo Sub with American Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">20</p> <p>Chicken Nachos with Shredded Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">21</p> <p>BBQ Pork Sandwich</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">22</p> <p>Chicken Tenders</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">23</p> <p>Macaroni & Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>
<p style="text-align: right;">26</p> <p>Italian Combo Sub with American Cheese</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">27</p> <p>Beef Hamburger with Cheese on a Whole Grain Bun</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">28</p> <p>Breaded Chicken Nuggets</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">29</p> <p>Cheese Nachos</p> <p>Seasonal Fruit Seasonal Vegetable</p>	<p style="text-align: right;">30</p> <p>Cheese Pizza</p> <p>Seasonal Fruit Seasonal Vegetable</p>

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