

D97 Breakfast May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Whole Grain Muffin Seasonal Fruit	Whole Grain Cereal Cup Seasonal Fruit	Cinnamon French Toast Sticks with Syrup Seasonal Fruit	Whole Grain Cereal Bar Seasonal Fruit	Cinnamon French Toast Sticks with Syrup Seasonal Fruit
10	11	12	13	14
Whole Grain Muffin Seasonal Fruit	Whole Grain Cereal Cup Seasonal Fruit	Cinnamon French Toast Sticks with Syrup Seasonal Fruit	Whole Grain Cereal Bar Seasonal Fruit	Cinnamon French Toast Sticks with Syrup Seasonal Fruit
17	18	19	20	21
Whole Grain Muffin Seasonal Fruit	Whole Grain Cereal Cup Seasonal Fruit	Cinnamon French Toast Sticks with Syrup Seasonal Fruit	Whole Grain Cereal Bar Seasonal Fruit	Cinnamon French Toast Sticks with Syrup Seasonal Fruit
24	25	26	27	28
Whole Grain Muffin Seasonal Fruit	Whole Grain Cereal Cup Seasonal Fruit	Cinnamon French Toast Sticks with Syrup Seasonal Fruit	Whole Grain Cereal Bar Seasonal Fruit	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 May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Sandwich with American Cheese on Whole Wheat Bread Seasonal Fruit Seasonal Vegetable	4 Orange Chicken over Brown Rice Seasonal Fruit Seasonal Vegetable	5 Breaded Chicken Patty Sandwich on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	6 Cheese Filled Bread Sticks Seasonal Fruit Seasonal Vegetable	7 Beef Nachos with Shredded Cheese Seasonal Fruit Seasonal Vegetable
10 Turkey Combo Sub with American Cheese Seasonal Fruit Seasonal Vegetable	11 Macaroni & Cheese Seasonal Fruit Seasonal Vegetable	12 BBQ Pork Sandwich Seasonal Fruit Seasonal Vegetable	13 Chicken Tenders Seasonal Fruit Seasonal Vegetable	14 Cheese Nachos Seasonal Fruit Seasonal Vegetable
17 Italian Combo Sub with American Cheese Seasonal Fruit Seasonal Vegetable	18 Beef Hamburger with Cheese on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	19 Chicken Nuggets Seasonal Fruit Seasonal Vegetable	20 Cheese Nachos Seasonal Fruit Seasonal Vegetable	21 Cheese Pizza Seasonal Fruit Seasonal Vegetable
24 Turkey Sandwich with American Cheese on Whole Wheat Bread Seasonal Fruit Seasonal Vegetable	25 Orange Chicken over Brown Rice Seasonal Fruit Seasonal Vegetable	26 Breaded Chicken Patty Sandwich on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	27 Cheese Filled Bread Sticks Seasonal Fruit Seasonal Vegetable	28 Beef Nachos with Shredded Cheese Seasonal Fruit Seasonal Vegetable

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