# 2023-24 D97 Lunch Menu

## Weekly Menu

### WEEK A
**MONDAY**
- Beef Burger w/American Cheese<sup>M,SO</sup> on Bun<sup>W, SO</sup>
- Baby Carrots
- Fresh Pear
- MS*: Goldfish Crackers<sup>M,SO</sup>

**TUESDAY**
- Personal Galaxy Cheese Pizza<sup>M,SW</sup>
- Paradise Punch Vegetable Juice
- Apple Slices
- Whole Apple
- MS: Goldfish Crackers<sup>M,SW</sup>

**WEDNESDAY**
- Beef Taco on Baked Scoops Tortilla Chips with Cheese<sup>M</sup> & Lettuce
- Refried Beans
- Whole Apple
- MS: 100% Fruit Juice

**THURSDAY**
- Chicken Nuggets<sup>SW</sup> with BBQ Sauce & Goldfish Crackers<sup>M,W</sup>
- Breakfast Potatoes<sup>W</sup>
- Banana
- MS: Larger Entrée

**FRIDAY**
- French Toast<sup>E, W, SO</sup> with Syrup & Turkey Sausage
- Baby Carrots
- Applesauce Cup
- MS: 100% Fruit Juice

### WEEK B
**WEEKEND**
- All Beef Hot Dog on Hot Dog Bun<sup>W, SO</sup>
- Baked Beans
- Apple Slices
- MS: Goldfish Crackers<sup>E,M,W</sup>

**MONDAY**
- Macaroni & Cheese<sup>EM,W</sup> with Chicken Tenders<sup>SW & BBQ Sauce</sup>
- Baby Carrots
- Whole Apple
- MS: Larger Entrée

**TUESDAY**
- Mandarin Orange Chicken<sup>ES & Brown Rice</sup>
- Broccoli Bites
- Apple Slices
- MS: 100% Juice

**WEDNESDAY**
- Bosco Cheese Filled Breadsticks<sup>M,W,SO</sup> with marinara sauce
- Spring Salad Mix
- Banana
- MS: Goldfish Crackers<sup>M,W</sup>

**THURSDAY**
- Amish Home-style Chicken Drumsticks<sup>E, W, S</sup> & Mini Cinnamon Roll<sup>E</sup>
- Baby Carrots
- Applesauce Cup
- MS: 100% Fruit Juice

**FRIDAY**
- Breaded Chicken Patty<sup>SW</sup> on Bun<sup>W, SO</sup>
- Smiley French Fries
- Whole Apple
- MS: 100% Fruit Juice

### WEEK C
**WEEKEND**
- Chicken Taco on WG Tortilla<sup>W</sup> with Cheese<sup>E</sup> & Lettuce
- Fiesta Black Bean Salad
- Fresh Pear
- MS: Goldfish Crackers<sup>E,M,W</sup>

**MONDAY**
- French Bread Cheese Pizza<sup>MS,SW</sup>
- Paradise Punch Vegetable Juice
- Whole Apple
- MS: Goldfish Crackers<sup>MS,SW</sup>

**TUESDAY**
- Popcorn Chicken<sup>MS</sup> with BBQ Sauce & Pretzel Goldfish Crackers<sup>EM,W</sup>
- Celery Sticks
- Apple Slices
- MS: 100% Juice

**WEDNESDAY**
- Entrée of the Month<sup>*</sup> (see table below)
- Baby Carrots
- Applesauce Cup
- MS: Goldfish Crackers<sup>MS,SW</sup>

**THURSDAY**
- Vegetarian Garden Salad with Mozzarella String Cheese<sup>W</sup> & Whole Grain Cracker<sup>M,W</sup>

**FRIDAY**
- Breaded Chicken Patty<sup>SW</sup> on Bun<sup>W, SO</sup> with Cheese

### DAILY
- Vegetarian Garden Salad with Mozzarella String Cheese<sup>W</sup> & Whole Grain Cracker<sup>M,W</sup>
- Yogurt Kit<sup>MS,SW</sup>: Mozzarella String Cheese<sup>M</sup> & Whole Grain Muffin<sup>EM,W,S</sup>
- Pizza Kit: Flatbread Crust<sup>SO,W</sup>, Marinara Sauce, Mozzarella Cheese<sup>M</sup>
- Cocoa Chocolate Chickpea Butter Sandwich<sup>W</sup>
- Pizza Kit: Flatbread Crust<sup>SO,W</sup>, Marinara Sauce, Mozzarella Cheese<sup>M</sup>

*Middle School Additional Offering (MS): Middle School Students receive 100% Fruit Juice, Whole Grain Crackers, or a Larger Entrée Portion each day.

### Allergen Guide
- **E**: Eggs  |  **M**: Milk  |  **S**: Soy  |  **W**: Wheat  |  **SO**: Soybean Oil
- *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.

### Entraîée of the Month: January to June 2024
- **January 25**: Breakfast for Lunch: Pancakes w/Sausage
- **February 15**: Sloppy Joe & Seasonal Vegetable
- **March 7**: Meatball Sub & Seasonal Vegetable
- **April 4**: Corn Dog Nuggets
- **April 25**: Loaded Baked Potato w/Bean Chili

### 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.

* = Vegetarian Entrée

### Check your student's account online.
To make online payments and check balances, visit: https://www.mymealtime.com/

For more information about District 97 Meal Program, please contact: Ms. Carla Ellis, Food Service Coordinator - cells@op97.org
Or visit: http://www.op97.org/business-office/food-service