

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
WEEK A	<b>Cheeseburger</b> <sup>SO, W,M</sup> <b>Potatoes</b> <sup>W</sup> Assorted Fruit  <i>MS: Cookie</i>	✔ <b>Cheese Pizza</b> <sup>M,S,W</sup> Assorted Vegetable Assorted Fruit  <i>MS: Ranch Corn</i>	<b>Beef</b> <sup>S</sup> <b>Nachos</b> with Cheese <sup>M</sup> ✔ <b>Refried Beans</b> Assorted Fruit <i>MS: Salsa Cup</i>	<b>Chicken Tenders</b> <sup>S,W</sup> with <b>BBQ Sauce &amp; Goldfish</b> <b>Crackers</b> <sup>M,W</sup> Assorted Fruit Assorted Vegetable <i>MS: 100% Fruit Juice</i>	✔ <b>Pancakes</b> <sup>E,W,SO</sup> with Syrup <b>&amp; Turkey Sausage</b> Assorted Fruit Assorted Vegetable <i>MS: Yogurt Cup</i>				
	Turkey and Cheese Sandwich <sup>M,S,SO,W</sup>					✔ Cocoa Chocolate Chickpea Butter Sandwich			
WEEK B	<b>All Beef Hot Dog</b> <sup>SO</sup> <b>Baked Beans</b> Assorted Fruit  <i>MS: Chips</i>	<b>Macaroni &amp; Cheese</b> <sup>E,M,W</sup> <b>with Veggie Nuggets</b> <sup>S,W</sup> Assorted Fruit Assorted Vegetable <i>MS: 100% Fruit Juice</i>	<b>Orange Chicken</b> <sup>E,S,W</sup> & <b>Brown Rice</b> Assorted Fruit Assorted Vegetable  <i>MS: Potsticker &amp; Fortune Cookie</i>	✔ <b>Italian Cheese Breadsticks</b> <sup>M,W,SO</sup> with marinara sauce Assorted Fruit Assorted Vegetable <i>MS: Dried Fava Beans</i>	<b>Crispy Chicken</b> <b>Drumsticks</b> <sup>W</sup> with BBQ Sauce <b>&amp; Mini Cornbread Loaf</b> <sup>W</sup> Assorted Fruit Assorted Vegetable <i>MS: WG Cracker</i>				
	Turkey Ham & Cheese Sub <sup>M,S,SO,W</sup>					✔ Pizza Kit: Flatbread Crust <sup>SO,W</sup> , Marinara Sauce, Mozzarella Cheese <sup>M</sup>			
WEEK C	<b>Turkey Barbacoa w/ Quinoa Brown Rice</b> <b>Refried Black Beans</b> Assorted Fruit <i>MS: WG Tortilla</i> <sup>W</sup>	✔ <b>French Bread Cheese Pizza</b> <sup>M,S,W</sup>  Assorted Fruit Assorted Vegetable <i>MS: Dried Mixed Fruit</i>	<b>Popcorn Chicken</b> <sup>W,S</sup> with <b>BBQ Sauce &amp; Cheez-It</b> <b>Crackers</b> <sup>M,W</sup> Assorted Fruit Assorted Vegetable <i>MS: 100% Fruit Juice</i>	<b>*Entrée of the Month*</b> (see table below)  Assorted Fruit Assorted Vegetable <i>MS: Goldfish Crackers</i> <sup>M,W</sup>	<b>BBQ Chicken</b> <sup>S,W</sup> <b>Sandwich</b> <sup>W, SO</sup> <b>Sweet Potato Fries</b> Assorted Fruit <i>MS: Cole Slaw</i>				
	Turkey and Cheese Sandwich <sup>M,S,SO,W</sup>					✔ Cocoa Chocolate Chickpea Butter Sandwich			
DAILY	✔ <b>Vegetarian Garden Salad with Mozzarella String Cheese<sup>M</sup> &amp; Whole Grain Cracker<sup>M,W</sup></b> ✔ <b>Yogurt Kit</b> <sup>M,S,W</sup> : Yogurt Cup, Wheat Crackers, Mozzarella String Cheese & Goldfish Cracker <sup>M,W</sup>								
*Middle School Additional Offering (MS): Middle School Students receive an extra fruit, vegetable, whole grain, or a Larger Entrée portion each day									

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRI					MAY/JUNE				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F										
				1	H	2	3	4	5			1	H	3						1	2	3	4	5				X	X	2	3	4	5	6	2	3	4	5	6		X	X	X						
4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	3	4	5	6	7	8	9	10	11	12	TI	6	7	8	9	9	10	11	12	TI	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
11	12	13	14	15	15	16	17	18	19	H	14	15	16	17	10	11	12	13	14	15	16	17	18	19	12	13	14	15	16	H	17	18	19	20	16	TI	18	19	20	13	14	15	16	17	11	12	13	14	15
TI	TI	20	21	22	22	H	24	25	26	20	21	22	23	TI	17	18	19	20	21	X	X	X	X	X	H	20	21	22	23	23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
25	26	27	28	29	29	30				27	28	29	30	31	24	25	H	H	H	X	X	X			26	27	28	29	30	X	X				27	28	29	30						H	26	27	28	29	

## 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.

## Entrée of the Month: August to December

September 4 Chicken Corn Dog  
September 25 Pasta w/ Beef Meat Sauce  
October 16 Chicken Tikka Masala w/turmeric rice & Naan  
November 6 Thanksgiving Meal  
December 18 Sloppy Joe

## 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 HFCS.

✓ = 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 - [cellis@op97.org](mailto:cellis@op97.org)  
Or visit: <http://www.op97.org/business-office/food-service>

