

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	NO SCHOOL Cheddar Cheeseburger ^{SO, W, M} Potatoes ^{SO} Assorted Fruit <i>MS: Cookie</i> ^{W, S, M, E}	✓ NO SCHOOL ✓ Cheese Pizza ^{M, S, W} Assorted Vegetable Assorted Fruit <i>MS: Ranch Corn</i> ^M	Beef Nachos ^S with Cheese ^M ✓ Refried Beans Dried Cranberries <i>MS: Salsa & Sour Cream</i> ^M	Chicken Tenders ^{S, W} with BBQ Sauce & Cheddar Goldfish ^{M, W} Sliced Apples Baby Carrots <i>MS: Larger Entree</i>	✓ Pancakes ^{E, M, W, SO} with Syrup & Turkey Sausage Strawberries Vegetable Juice Box <i>MS: Yogurt Cup</i> ^M
	Turkey and Cheddar Cheese Sandwich ^{M, SO, W} ✓ Cocoa Chocolate Chickpea Butter Sandwich ^{W, SO, S}				
WEEK B	All Beef Hot Dog ^{SO, W} Baked Beans Whole Apples <i>MS: Chips</i> ^W	Macaroni & Cheese ^{E, M, W} with Veggie Nuggets ^{S, W} Sliced Apples Baby Carrots <i>MS: Larger Entree</i>	Orange Chicken ^{E, S, W} & Quinoa Brown Rice Applesauce Salad <i>MS: Fortune Cookie</i> ^{W, S}	✓ Italian Cheese Breadsticks ^{M, W, SO, S} with marinara sauce Peaches Green Beans <i>MS: Caesar Salad</i> ^{E, SO, M}	Blueberry Waffle ^{M, E, W} & Greek Yogurt ^M Banana Celery Sticks <i>MS: Hardboiled Egg</i> ^E
	Turkey Ham & Cheddar Cheese Sub ^{M, SO, W} ✓ Pizza Kit: Flatbread Crust ^{SO, W, M} , Marinara Sauce, Mozzarella Cheese ^M				
WEEK C	NO SCHOOL Rotini ^W w/ Beef Meat Sauce ^{SO} Assorted Fruit Assorted Vegetable <i>MS: Dinner Roll</i> ^{SE, SO, W}	✓ Detroit-Style Cheese Pizza ^{W, SO, M} Whole Apple Celery Sticks <i>MS: Brownie</i> ^{S, W}	Popcorn Chicken ^{W, S} with BBQ Sauce & Graham Cracker ^{SO, S, W} Banana Baby Carrots <i>MS: Pasta Salad</i> ^{W, M, E, SO}	*Entrée of the Month* (see table below) Plums Corn <i>MS: Goldfish Crackers</i> ^{W, SO, M}	Scrambled Eggs w/ Turkey Ham & Cheddar ^{E, M} Cheese w/ Muffin ^{SO, E, W} Breakfast Potatoes ^{SO} Sliced Apples <i>MS: 100% Fruit Juice</i>
	Turkey and Cheddar Cheese Sandwich ^{M, SO, W} ✓ Cocoa Chocolate Chickpea Butter Sandwich ^{W, SO, S}				
DAILY	✓ Vegetarian Garden Salad with Mozzarella String Cheese ^M & Whole Grain Cracker ^{W, SO} ✓ Yogurt Kit ^{M, S, W} : Yogurt Cup ^M , Wheat Crackers ^{W, S} , Mozzarella String Cheese ^M & Goldfish Cracker ^{W, SO} *Middle School Additional Offering (MS): Middle School Students receive an extra fruit, vegetable, protein, whole grain, or a Larger Entrée portion each day				

Allergen Guide E: Eggs | M: Milk | S: Soy | W: Wheat | SO: Soybean Oil | SE: Sesame

*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 10 Crispy Chicken Sandwich
October 1 Chicken Pot Pie with a Biscuit
October 22 Ham & Cheese Croissant Sandwich
November 12 Thanksgiving Meal
December 3 Chili with Cornbread

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

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

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
Or visit: <http://www.op97.org/business-office/food-service>

