

DISTRICT 97 MIDDLE SCHOOLS

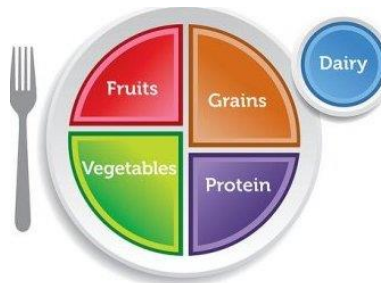
AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		23 Personal Cheese Pizza Baby Carrots w/ Ranch Dip Apple Slices Milk	24 French Toast Sticks w/ Maple Syrup Sweet Potato Bites Bunch of Grapes Milk	25 100% Beef Cheeseburger* on Whole Grain Bun Spring Salad with Italian Dressing Red Delicious Apple Whole Grain Cracker Milk
28 Taco Salad with Beef Taco Meat, Shredded Cheese & Lettuce, and Salsa Refried Beans Granny Smith Apple 100% Juice Milk	29 Mac and Cheese with Crispy Chicken Tenders Garden Salad with Buttermilk Ranch Dressing Orange Smiles Milk	30 Popcorn Chicken Whole Grain Cheddar Crackers Corn on the Cob Apple Slices Milk	31 Mini Pancakes & Turkey Sausage Breakfast Potatoes Red Delicious Apple 100% Juice Milk	
Alternate Meals for August offered Daily: SANDWICH - Cold Cut Turkey Combo & Cheese on Sub Bun PIZZA KIT (new!) - Whole Grain Flatbread + Pizza Sauce + Turkey Pepperoni + Shredded Mozzarella GARDEN FRESH SALAD - Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers				

Welcome Back!

The Nutrition Services Department of OPRF High School is proud to serve breakfast and lunch to all District 97 students! We look forward to offering nutritious, energizing meals for the best student success. We've been cooking up some new ideas for this school year.

We follow the robust USDA guidelines that provide a well-balanced meal for students, including at protein, grains, fruits, vegetables, and milk. Our grains are always whole; proteins are lean and low-sodium; fruits and vegetables are plentiful and sourced from America; and milk is free from rBST and HFCS. We partner with Farm to School to offer the Harvest of the Month to offer local produce.



To qualify as a Combo Meal, student must order at minimum 3 components; one component must be a fruit or vegetable

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SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheesy French Bread Pizza Steamed Green Beans Apple Slices Whole Grain Cracker Milk
4 Labor Day No Lunch Served	5 100% Beef Cheeseburger on Whole Grain Bun Carrot Sticks Red Delicious Apple Whole Grain Cracker Milk	6 Personal Cheese Pizza Ranch-flavored Roasted Garbanzo Beans Chilled Peach Slices Milk	7 Crispy Chicken Drumstick Mini Cinnamon Roll Spring Salad w/ Dressing Orange Smiles 100% Juice Milk	8 Baked Potato w/ Beef & Bean Chili, Shredded Cheese & Lettuce Steamed Broccoli Bites Purple Grapes Whole Grain Cracker Milk
11 All-Natural Beef Hot Dog on a Whole Grain Bun Vegetarian Baked Beans Apple Slices 100% Juice Milk	12 Chicken Fajita with Baked Tortilla Chips, Shredded Cheese & Lettuce Southwestern Corn & Bean Salsa Chilled Mixed Fruit Whole Grain Cracker Milk	13 Mandarin Orange Chicken with Brown Rice Asian Slaw Salad Orange Smiles Milk	14 French Toast Sticks w/ Maple Syrup Sweet Potato Bites Yellow Delicious Apple Milk	15 Lightly Breaded Chicken Filet on Whole Wheat Bread Spinach Salad w/ Italian Dressing Chilled Peach Slices 100% Juice Milk
18 Mac and Cheese with Crispy Chicken Tenders Garden Salad w/ Buttermilk Ranch Dressing Granny Smith Apple Milk	19 Taco Salad with Beef Taco Meat, Shredded Cheese & Lettuce, and Salsa Refried Beans Orange Smiles 100% Juice Milk	20 Popcorn Chicken Whole Grain Cheddar Crackers Mashed Cauliflower & Potatoes Gala Apple Milk	21 Mini Pancakes & Turkey Sausage Breakfast Potatoes Petite Banana Milk	22 Cheesy French Bread Pizza Red Bell Pepper Strips Apple Slices Milk
25 Pasta with Beef Spaghetti Sauce Cheese-filled Breadstick Spinach Salad w/ Italian Dressing Red Delicious Apple Milk	26 Cheeseburger on Whole Grain Bun Baby Carrots w/ Ranch Dip Red Delicious Apple 100% Juice Milk	27 Personal Cheese Pizza Baby Carrots w/ Ranch Dip Apple Slices Milk	28 Mesquite Chicken Drumstick Dinner Roll Creamy Coleslaw Orange Smiles 100% Juice Milk	29 Turkey Corn Dog Seasoned Corn Applesauce Cup Whole Grain Cracker Milk

DAILY MENU FEATURES FROM THE OPRF KITCHEN:

DELI SANDWICH a. Turkey Ham & Cheese on Whole Grain Bread b. Cold Cut Turkey Combo & Cheese on Sub Bun c. Roasted Turkey & Cheese on Whole Grain Bread d. Italian Turkey Combo & Cheese Submarine	PIZZA KIT (new!) Whole Grain Flatbread + Pizza Sauce + Turkey Pepperoni + Shredded Mozzarella	-All grain products are whole grain -Cold, refreshing <i>local</i> milk available in white and chocolate is all rBST free -Produce is sourced locally when available
	GARDEN FRESH SALAD Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers	

This institution is an equal opportunity employer.