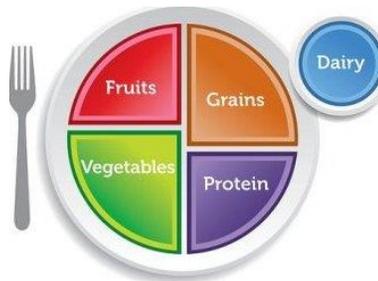


Monday	Tuesday	Wednesday	Thursday	Friday
		<b>23</b> Personal Cheese Pizza Baby Carrots w/ Ranch Dip Apple Slices Milk	<b>24</b> French Toast Sticks w/ Maple Syrup Sweet Potato Bites Bunch of Grapes Milk	<b>25</b> 100% Beef Cheeseburger* on Whole Grain Bun Spring Salad with Italian Dressing Red Delicious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

# DISTRICT 97 MIDDLE SCHOOLS

# SEPTEMBER 2017

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

### DAILY MENU FEATURES FROM THE OPRF KITCHEN:

<b>DELI SANDWICH</b> 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	<b>PIZZA KIT (new!)</b> 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
	<b>GARDEN FRESH SALAD</b> Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers	

This institution is an equal opportunity employer.