MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK A MARCH 11	Beef Burger w/American Cheese ^{M,SO} on Bun ^{W, SO} Steamed Corn Fresh Pear MS*: Goldfish Crackers ^{M,W}	✓ Personal Galaxy Cheese Pizza ^{M,S,W} Baby Carrots Whole Apple MS: Goldfish Crackers ^{M,W}	Beef ^S Taco on Baked Scoops Tortilla Chips with Cheese ^M & Lettuce Refried Beans Apple Slices MS: 100% Fruit Juice	Chicken Nuggets ^{S,W} with BBQ Sauce & Goldfish Crackers ^{M,W} Breakfast Potatoes ^W Banana MS: Larger Entrée	V French Toast JE,W,SO with Syrup & Turkey Sausage Baby Carrots Diced Peach Cups MS: 100% Fruit Juice	
WEEK B	All Beef Hot Dog on Hot Dog Bun ^{W, SO} Baked Beans Fresh Pear MS: Goldfish Crackers ^{M,W}	NO SCHOOL Macaroni & Cheese ^{E,M,W} with Chicken Tenders ^{S,W} & BBQ Sauce	Mandarin Orange Chicken ^{E,S,W} & Brown Rice Baby Carrots Applesauce Cups MS: 100% Juice	V Bosco Cheese Filled Breadsticks M,W,SO with marinara sauce Spring Salad Mix Whole Apples MS: Goldfish Cracker	Amish Home-style Chicken Drumsticks ^w & Mini Cinnamon Roll ^{E,W,S} Broccoli Bites Apple Slices MS: 100% Fruit Juice	
WEEK C APRIL 1	Chicken Taco on WG Tortilla ^W with Cheese ^M & Lettuce Baby Carrots Applesauce Cups MS: Goldfish Crackers ^{M,W}	√French Bread Cheese Pizza ^{M,S,W} Paradise Punch Vegetable Juice Whole Apple MS: Goldfish Crackers ^{M,W}	Popcorn Chicken ^{W,S} with BBQ Sauce & Pretzel Goldfish Cracker ^{M,W} Celery Sticks Apple Slices MS: Larger Entrée	*Entrée of the Month* (see table below) Baby Carrots Banana MS: Goldfish Crackers ^{M,W}	Breaded Chicken Patty S,W Sandwich on BunW, SO Smiley French Fries Fresh Pear MS: 100% Fruit Juice	

DAILY

প Vegetarian Garden Salad with Mozzarella String Cheese™ & Whole Grain Cracker™ Yogurt Kit^{M,S,W}: Mozzarella String Cheese^M & Whole Grain Muffin^{E,M,W,S}

Week A: Turkey and Cheese Sandwich M.S.SO,W • ✓ Pizza Kit: Flatbread Crust SO,W, Marinara Sauce, Mozzarella Cheese Mozz

Week B: Turkey Ham & Cheese Sub M,S,SO,W • **V** Cocoa Chocolate Chickpea Butter Sandwich^w

Week C: Italian Turkey Combo Sub M,S,SO,W • V Pizza Kit: Flatbread Crust^{SO,W}, Marinara Sauce, Mozzarella Cheese^M

*Middle School Additional Offering (MS): Middle School Students receive 100% Fruit Juice, Whole Grain Crackers, 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	M T W T F	M T W T F
1 2 3 4 5	1	2 3 4 5 6	1 2 3	1	X X X X TI	1 2	1	1 2 3 4 5	1 2 3
8 9 10 11 12	H 5 6 7 8	H 10 11 12 13	6 7 8 9 TI	4 5 6 7 8	8 9 10 11 12	5 6 7 PT PT	4 5 6 7 8	8 9 10 11 12	6 7 8 9 10
15 16 17 18 19	11 12 13 14 15	16 17 18 19 20	13 14 15 16 17	11 12 13 14 15	H 16 17 18 19	12 13 14 15 16	11 12 13 14 15	15 16 17 18 19	13 14 15 16 17
TI TI 23 24 25	18 19 20 21 22	23 24 25 PT PT	20 21 X H X	18 19 20 21 X	22 23 24 25 26	H 20 21 22 23	18 TI 20 21 22	22 23 24 25 26	20 21 22 23 24
28 29 30 31	X 26 27 28 29	30 31	27 28 29 30	X X X X X	29 30 31	26 27 28 29	x x x x x	29 30	H 28 29 30 31
									3 4)

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-todate 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.

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

Entrée of the Month: January to June 2024

January 25 Breakfast for Lunch: Pancakes w/ Sausage Korean BBQ Drumstick w/Dinner Roll February 15 March 7 Meatball Sub & Seasonal Vegetable April 4 Pancakes w/Syrup & Turkey Sausage Patty Loaded Baked Potato w/Bean Chili April 25

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



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