

2023-24 D97 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	Beef Burger w/American Cheese^{M,SO} on Bun^{W,SO} Baby Carrots Fresh Pear <i>MS*: Goldfish Crackers^{M,W}</i>	✓ Personal Galaxy Cheese Pizza^{M,S,W} Paradise Punch Vegetable Juice Apple Slices <i>MS: Goldfish Crackers^{M,W}</i>	Beef^S Taco on Baked Scoops Tortilla Chips with Cheese ^M & Lettuce ✓ Refried Beans Whole Apple <i>MS: 100% Fruit Juice</i>	Chicken Nuggets^{S,W} with BBQ Sauce & Goldfish Crackers^{M,W} Breakfast Potatoes ^W Banana <i>MS: Larger Entrée</i>	✓ French Toast^{E,W,SO} with Syrup & Turkey Sausage Baby Carrots Applesauce Cups <i>MS: 100% Fruit Juice</i>
WEEK B	All Beef Hot Dog on Hot Dog Bun^{W,SO} Baked Beans Apple Slices <i>MS: Goldfish Crackers^{M,W}</i>	Macaroni & Cheese^{E,M,W} with Chicken Tenders^{S,W} & BBQ Sauce Baby Carrots Whole Apple <i>MS: Larger Entrée</i>	Mandarin Orange Chicken^{E,S,W} & Brown Rice Broccoli Bites Apple Slices <i>MS: 100% Juice</i>	✓ Bosco Cheese Filled Breadsticks^{M,W,SO} with marinara sauce Spring Salad Mix Banana <i>MS: Goldfish Crackers^{M,W}</i>	Amish Home-style Chicken Drumsticks^W & Mini Cinnamon Roll^{E,W,S} Baby Carrots Applesauce Cup <i>MS: 100% Fruit Juice</i>
WEEK C	Chicken Taco on WG Tortilla^W with Cheese ^M & Lettuce Fiesta Black Bean Salad Fresh Pear <i>MS: Goldfish Crackers^{M,W}</i>	✓ French Bread Cheese Pizza^{M,S,W} Paradise Punch Vegetable Juice Whole Apple <i>MS: Goldfish Crackers^{M,W}</i>	Popcorn Chicken^{W,S} with BBQ Sauce & Pretzel Goldfish Cracker^{M,W} Celery Sticks Apple Slices <i>MS: 100% Juice</i>	*Entrée of the Month* (see table below) Baby Carrots Applesauce Cup <i>MS: Goldfish Crackers^{M,W}</i>	Breaded Chicken Patty^{S,W} Sandwich on Bun^{W,SO} Smiley French Fries Whole Apple <i>MS: 100% Fruit Juice</i>
DAILY	✓ Vegetarian Garden Salad with Mozzarella String Cheese^M & Whole Grain Cracker^{M,W} ✓ 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^M Week B: Turkey Ham & Cheese Sub^{M,S,SO,W} ✓ Cocoa Chocolate Chickpea Butter Sandwich^W Week C: Italian Turkey Combo Sub^{M,S,SO,W} ✓ Pizza Kit: Flatbread Crust^{SO,W}, Marinara Sauce, Mozzarella Cheese^M <i>*Middle School Additional Offering (MS): Middle School Students receive 100% Fruit Juice, Whole Grain Crackers, or a Larger Entrée Portion each day.</i>				

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		2 3 4 5 6	1 2 3		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
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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: January to June 2024

January 25 Breakfast for Lunch: Pancakes w/ Sausage
 February 15 Sloppy Joe & Seasonal Vegetable
 March 7 Meatball Sub & Seasonal Vegetable
 April 4 Corn Dog Nuggets
 April 25 Loaded Baked Potato w/Bean Chili

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

