

D97 Breakfast March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Cereal Cup 100% Juice	2 Whole Grain Cereal Bar 100% Juice	3 Cinnamon French Toast Sticks with Syrup 100% Juice	4 Whole Grain Cereal Cup 100% Juice	5 Cinnamon French Toast Sticks with Syrup 100% Juice
8 Whole Grain Muffin 100% Juice	9 Whole Grain Cereal Cup 100% Juice	10 Cinnamon French Toast Sticks with Syrup 100% Juice	11 Whole Grain Cereal Bar 100% Juice	12 Cinnamon French Toast Sticks with Syrup 100% Juice
15 Whole Grain Muffin 100% Juice	16 Whole Grain Cereal Cup 100% Juice	17 Cinnamon French Toast Sticks with Syrup 100% Juice	18 Whole Grain Cereal Bar 100% Juice	19 Cinnamon French Toast Sticks with Syrup 100% Juice
22 Whole Grain Muffin 100% Juice	23 Whole Grain Cereal Bar 100% Juice	24 Cinnamon French Toast Sticks with Syrup 100% Juice	25 Whole Grain Cereal Bar 100% Juice	26 Cinnamon French Toast Sticks with Syrup 100% Juice

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.

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.

Check your Student's account online

To make online payments and check balances, visit My Mealtime: <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>

D97 Lunch March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Deli Turkey Sandwich & American Cheese on Whole Wheat Bread Seasonal Fruit Seasonal Vegetable	2 Orange Chicken over Brown Rice Seasonal Fruit Seasonal Vegetable	3 Breaded Chicken Patty Sandwich on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	4 Macaroni & Cheese Seasonal Fruit Seasonal Vegetable	5 Cheese Nachos Seasonal Fruit Seasonal Vegetable
8 Turkey Combo Sub with American Cheese Seasonal Fruit Seasonal Vegetable	9 Chicken Nachos with Shredded Cheese Seasonal Fruit Seasonal Vegetable	10 BBQ Pulled Pork Sandwich Seasonal Fruit Seasonal Vegetable	11 Breaded Chicken Tenders Seasonal Fruit Seasonal Vegetable	12 Cheese Filled Bread Sticks Seasonal Fruit Seasonal Vegetable
15 Italian Combo Sub with American Cheese Seasonal Fruit Seasonal Vegetable	16 Beef Hamburger with Cheese on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	17 Breaded Chicken Nuggets Seasonal Fruit Seasonal Vegetable	18 Beef Nachos with Shredded Cheese Seasonal Fruit Seasonal Vegetable	19 Pizza Kit with Flatbread Crust, Marinara Sauce, & Mozzarella Cheese Seasonal Fruit Seasonal Vegetable
22 Deli Turkey Combo Sandwich & American Cheese on Whole Wheat Bread Seasonal Fruit Seasonal Vegetable	23 Orange Chicken over Brown Rice Seasonal Fruit Seasonal Vegetable	24 Breaded Chicken Patty Sandwich on a Whole Grain Bun Seasonal Fruit Seasonal Vegetable	25 Macaroni & Cheese Seasonal Fruit Seasonal Vegetable	26 Cheese Nachos Seasonal Fruit Seasonal Vegetable

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