

2022-23 D97 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	Beef Hamburger^S with Cheese^{M,S} on WG Bun^{SO,W} Baby Carrots Red Delicious Apple MS*: 100% Fruit Juice	✓Personal Galaxy Cheese Pizza^{M,S,W} Grape Tomatoes Sliced Oranges MS: Goldfish Crackers ^{M,W}	Beef^S Taco & Baked Corn Tortilla Chips with Shredded Cheese ^M , Lettuce & Refried Beans Grapes MS: 100% Fruit Juice	Chicken Nuggets^{SW} with BBQ Sauce & Goldfish Crackers^{M,W} Breakfast Potatoes Sliced Apples MS: Larger Entrée	✓Mini Pancakes^{EM,SW} with Syrup & Turkey Sausage Baby Carrots Cantaloupe MS: Goldfish Crackers ^{M,W}
WEEK B	All-Natural Beef Hot Dog on WG Bun^{SO,W} Baked Beans Apple Slices MS: Goldfish Crackers ^{M,W}	Macaroni & Cheese^{EM,W} & Chicken Tenders^{SW} with BBQ Sauce Baby Carrots Grapes MS: Larger Entrée	Mandarin Orange Chicken^{E,SW} & Brown Rice Broccoli Bites Apple Slices MS: Larger Entrée	✓Cheesy Filled Whole Grain Breadsticks^{M,S,W} with marinara dipping sauce Grape Tomatoes Gala Apple MS: Goldfish Crackers ^{M,W}	Home-style Chicken Drumsticks^W & Mini Cinnamon Roll^{EW} Baby Carrots Sliced Oranges MS: 100% Fruit Juice
WEEK C	Chicken Taco^W on Baked Corn Tortilla Chips, with Cheese^M, Lettuce & Fiesta Black Bean Salad Apple Slices MS: Larger Entrée	✓French Bread Cheese Pizza^{M,S,W} Broccoli Bites Grapes MS: Goldfish Crackers ^M	Pasta^W with Beef Spaghetti Sauce^{SO} & Dinner Roll^{SO,W} Baby Carrots Sliced Apples MS: Larger Entrée	Entrée of the Month* (see table below) **See Item of the Month** Red Delicious Apple MS: 100% Fruit Juice ^W	Breaded Chicken Patty^{SW} Sandwich on WG Bun^{SO,W} Smiley Fries ^{SO} Honeydew MS: 100% Fruit Juice
DAILY	✓Vegetarian Chef Salad with Mozzarella String Cheese^M & Whole Grain Crackers^{M,W} ✓Yogurt Kit^{M,S,W} with Mozzarella String Cheese & Whole Grain Crackers Cold-Cut Turkey Combo Sub^{M,S,SO,W} (A) • Deli Turkey Sandwich^{M,S,SO,W} (B) • Italian Turkey Combo Sub^{M,S,SO,W} (C) ✓Pizza Kit with Flatbread Crust^{SO,W}, Marinara Sauce, Mozzarella Cheese^M (A & C) • ✓Sunbutter & Jelly Sandwich^{SO,W} (B) *Middle School Additional Offering (MS): Middle School Students receive 100% Fruit Juice, Whole Grain Crackers, or a Larger Entrée Portion each day.				

H=Legal School Holiday • TI=Teacher Institutes • X=Not in Attendance • Menu subject to change. • This institution is an equal opportunity employer.

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL/MAY					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										
1	2	3	4	5				1	2	3	4	X	6	7				1	2	3	4	5	6	7	8	9	X	X	X	X	TI				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
8	9	10	11	12	H	6	7	8	9	H	11	12	13	14	7	H	9	10	11	12	13	14	15	16	H	17	18	19	20	6	7	8	PT	PT	6	7	8	9	10	10	11	12	13	14	17	18	19	20	21	22	23	24	25	26
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16	H	17	18	19	20	13	14	15	16	17	13	14	15	16	17	17	18	19	20	21	22	23	24	25	26					
TI	TI	24	25	26	19	20	21	22	23	24	25	26	PT	PT	21	22	X	H	X	19	20	21	X	X	23	24	25	26	27	H	21	22	23	24	20	21	22	23	24	24	25	26	27	28	H	30	31	1	2					
29	30	31			X	27	28	29	30	31					28	29	30			X	X	X	X	X	30	31				27	28				X	X	X	X	X	1	2	3	4	5	5	6	7	8	9					

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

Allergen Guide

E: Eggs | M: Milk | S: Soy | SO: Soybean Oil | W: Wheat

*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

- September 8 Sloppy Joe^{SW} & Corn on the Cob
- September 29 Meatball Sub^{M,S,W} & Harvest Kale Salad
- October 20 Salisbury Steak^{M,S,W} & Au Gratin Potatoes^{M,SO}
- November 10 Turkey Dinner & Mashed Potatoes^M, Gravy^{M,SO}
- December 1 ✓Homemade Grilled Cheese^{M,S,W} & Tomato Soup^{M,W}
- January 26 Mini Beef Hot Dog on Bun^{SO,W} & Mac n' Cheese^{EM,W}
- February 16 ✓Homemade Grilled Cheese^{M,S,W} & Tomato Soup^{M,W}
- March 9 Mini Beef Hot Dog on Bun^{SO,W} & Mac n' Cheese^{EM,W}
- April 6 Mini Corn Dogs^{EM,S,W}
- April 27 Gourmet Cheeseburger^{M,W} & Sugar Snap Peas
- May 18 Loaded Baked Potato with Beef & Bean Chili^S

District 97 participates in Illinois Harvest of the Month. Each month, LOCAL seasonal fruits and/or vegetables will be featured for lunch. A sample of produce featured: Sweet Corn, Apples, Plums, Beets and Kale. For more information, visit harvestillinois.org.



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>

