

2024-2025 D97 Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	Cheeseburger^{SO, W, M} Breakfast Potatoes ^W Assorted Fruit <i>MS: 100% Fruit Juice</i>	✓ French Bread Cheese Pizza^{M, S, W} Assorted Vegetable Assorted Fruit <i>MS: WG Cracker</i>	Beef^S Taco on Baked Scoops Tortilla Chips with Cheese ^M ✓ Refried Beans Assorted Fruit <i>MS: 100% Fruit Juice</i>	Chicken Nuggets^{S, W} with BBQ Sauce & Goldfish Crackers^{M, W} Assorted Fruit Assorted Vegetable <i>MS: Larger Entrée</i>	✓ French Toast^{E, W, SO} with Syrup & Turkey Sausage Link Assorted Fruit Assorted Vegetable <i>MS: 100% Fruit Juice</i>
	Turkey and Cheese Sandwich^{M, S, SO, W}		✓ Cocoa Chocolate Chickpea Butter Sandwich		
WEEK B	All Beef Hot Dog^{SO} Baked Beans Assorted Fruit <i>MS: WG Cracker</i>	Macaroni & Cheese^{E, M, W} Assorted Fruit Assorted Vegetable <i>MS: 100% Fruit Juice</i>	Orange Chicken^{E, S, W} & Brown Rice Assorted Fruit Assorted Vegetable <i>MS: Larger Entree</i>	✓ Bosco Cheese Filled Breadsticks^{M, W, SO} with marinara sauce Assorted Fruit Assorted Vegetable <i>MS: Goldfish Cracker</i>	Chicken Drumsticks^W with BBQ Sauce & Mini Cornbread Loaf^W Assorted Fruit Assorted Vegetable <i>MS: 100% Fruit Juice</i>
	Turkey Ham & Cheese Sub^{M, S, SO, W}		✓ Pizza Kit: Flatbread Crust^{SO, W}, Marinara Sauce, Mozzarella Cheese^M		
WEEK C	Chicken Taco on WG Tortilla^W with Cheese^M Refried Black Beans Assorted Fruit <i>MS: Larger Entree</i>	✓ French Bread Cheese Pizza^{M, S, W} Assorted Fruit Assorted Vegetable <i>MS: Goldfish Crackers^{M, W}</i>	Popcorn Chicken^{W, S} with BBQ Sauce & Pretzel Goldfish Cracker^{M, W} Assorted Fruit Assorted Vegetable <i>MS: Larger Entrée</i>	*Entrée of the Month* (see table below) Assorted Fruit Assorted Vegetable <i>MS: Goldfish Crackers^{M, W}</i>	Chicken Patty^{S, W} Sandwich on Bun^{W, SO} Smiley French Fries Assorted Fruit <i>MS: 100% Fruit Juice</i>
	Turkey and Cheese Sandwich^{M, S, SO, W}		✓ Cocoa Chocolate Chickpea Butter Sandwich		
DAILY	✓ Vegetarian Garden Salad with Mozzarella String Cheese^M & Whole Grain Cracker^{M, W} ✓ Yogurt Kit^{M, S, W}: Yogurt Cup, Granola Bites, Mozzarella String Cheese^M & Goldfish Cracker				
*Middle School Additional Offering (MS): Middle School Students receive 100% Fruit Juice, Whole Grain Cracker, 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	
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26	27	28	29	30	30					28	29	30	31	25	26	H	H	H	X	X				27	28	29	30	31						31					28	29	30			H	27	28	29	30		
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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: August to December
 September 5 Breakfast for Lunch: Pancakes w/ Turkey Sausage
 September 26 Chicken Corn Dog
 October 17 Meatball Sub
 November 7 Sloppy Joe on WG Bun
 December 19 Breakfast for Lunch: Pancakes w/ Turkey Sausage

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>

