



September 2013 High School Menus and Information



Lunch

“Offer” increases your choice in student meals. Every lunch is planned to include all five food components: 1. Fruit 2. Vegetable 3. Protein 4. Grains 5. Milk

The food components for each meal will be posted at the beginning of each serving line. You are encouraged to take all the foods offered; however, you may decline up to two (2) food components. Whether you take 3, 4, or 5 of the food components, the meal is the same price.

“Offer” allows you to build a healthy meal by selecting 3 to 5 different food components. One of those food components must be fruits, vegetables or a combination of both.

STEP 1: Choose ½ cup of fruits, vegetables or a combination of both.

STEP 2: Choose 2 or more of the following:

- Full Serving of Fruit – K-8 (1/2 cup) and 9-12 (1 cup)
- Full Serving of Vegetables – K-8 (3/4 cup) and 9-12 (1 cup)
- Grains
- Protein
- Milk

Example Menu:

Hamburger on a Bun (Protein and Grains)
 Broccoli (Vegetable)
 Grapes (Fruit)
 Milk (Milk)

You can take all five food items (hamburger, bun, broccoli, grapes and milk) OR

STEP 1: Choose ½ cup of broccoli or ½ cup grapes or ¼ cup each broccoli and grapes

STEP 2: Choose 2, 3 or 4 full servings of different food groups:

- Hamburger on Bun (protein, grains) or
- Full serving of Grapes and Milk (fruit and milk) or
- Hamburger on Bun and Milk (protein, grains, milk) or
- Hamburger on Bun, Broccoli and Milk (protein, grains, vegetable, milk)

The choice is up to you; just be sure to choose the ½ cup fruit or vegetable and 2, 3, or 4 full servings from the 5 food groups. Check the menu daily so you will know which items in the school lunch you want to eat.

School meals meet federal nutrition standards and give you the fuel you need to stay healthy and active.

Breakfast

Every breakfast is planned to include three food components: 1. Fruit/Vegetable 2. Grains (with optional Protein) 3. Milk. At least four food items will be offered daily.

The food components for each breakfast will be posted at the beginning of each serving line. You are encouraged to take all the foods offered. You must take at least 3 items; one of those must be a fruit or juice. Whether you take 3 items or more, the meal is the same price.

“Offer” allows you to choose 3 or more food items you would like to take to build a healthy reimbursable meal.

Choose 3 or more of the following components:

1. Full Serving of Fruit/Juice – K-12 (1/2 cup)
2. Grains or optional protein – K-12 (1 oz)
3. Milk – K-12 (1 cup)

Example Menu:

Cereal (grains) & String Cheese (protein) (2 items)
 Banana (fruit)
 Orange Juice (fruit)
 Milk (milk)

You can take all food items OR choose a combination of any 3 items; one of those must be a fruit or a juice.

Example Combinations:

- Cereal and String Cheese, Banana
- Cereal and String Cheese, Banana, Orange Juice, Milk
- Banana, Orange Juice, Milk

The choice is up to you; just be sure to choose the required items. Check the menu daily so you will know which items in the school breakfast you want to eat.

Helpful Information from our Office to Your Home

Nutrition Services Office
 973-2160

Online Meal Benefits Application
 Available at
www.nutrition.usd259.org

Prepay for School Meals Online or by
 phone www.MyPaymentsPlus.com
 1-866-736-9007



Nutrition Services

www.nutrition.usd259.org

Breakfast \$1.45
 Reduced Breakfast \$.30
 Visitor Breakfast \$1.90
 Lunch \$2.35
 Reduced Lunch \$.40
 Visitor Lunch \$3.30
 Extra Milk \$.35

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The five components for menu planning are:
 ● Grains ● Protein ● Fruit ● Vegetable ● Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered every other week on the day of the week listed. ●Breakfast Round, ●Butterscotch Bar & ●Assorted Cereal are daily breakfast bundles. ●Juice, ●fruit and ●milk offered daily.				
Week 1 (9/2, 9/16, 9/30) ●●Breakfast Pizza~	●● Breakfast Burrito~	●●Sausage Biscuit~	●●Maple Waffle	●●French Toast Sticks
Week 2 (9/9, 9/23) ●●Pancakes	●●Breakfast Pocket~	●●Sausage Biscuit~	●●Chocolate Chip Waffle	●●Breakfast Bites~
Lunch Options				
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. We cannot guarantee all menu choices will be available for all students.				
Labor Day Holiday	2 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●●Potato Puffs	3 ●●Quesadilla^ ●●Burrito ●Tortilla Chips ●Refried Beans	4 ●●Chicken Nuggets ●●Chicken Sticks ●Green Beans	5 ●●Cheeseburger on Bun ●●Sloppy Joe on Bun ●Baked Fries
●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	9 ●●Buffalo Chicken on Bun ●●Corndog ●●Potato Wedges	10 ●●Soft Taco ●●Taco Burger ●Tortilla Chips ●Spicy Beans	11 ●●Chicken Nuggets ●Green Peas	12 ●●Cheeseburger on Bun ●Potato Puffs
●●Delivery Pizza# #Variety of toppings including vegetarian and pork	16 ●●Spicy Chicken on Bun ●●Breaded Chicken on Bun ●Baked Fries	17 ●●BBQ Rib Sandwich ●●BBQ Turkey Sliders ●Celery Sticks ●Baked Potato	18 ●●Chicken Nuggets ●●Steak Fingers ●Golden Corn	19 ●●Cheeseburger on Bun ●●Ham & Cheese Pocket~ ●Potato Wedges ●Potato Puffs
●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Popcorn Shrimp	23 ●●Buffalo Chicken on Bun ●●Sloppy Joe on Bun ●●Potato Puffs	24 ●●Cheese Stuffed Breadsticks^ & Marinara Sauce ●Baked Potato	25 ●●Chicken Nuggets ●●Country Beef Steak ●Green Beans	26 ●●Cheeseburger on Bun ●●Breaded Fish on Bun ●Baked Fries
●●Delivery Pizza# #Variety of toppings including vegetarian and pork ●●Teriyaki Chicken & Rice	30	30	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; background-color: #f08080;"> Breakfast \$1.45 Lunch \$2.35 Reduced Breakfast \$.30 Reduced Lunch \$.40 Visitor Breakfast \$1.90 Visitor Lunch \$3.30 Extra Milk \$.35 </div>	
Daily Entrée Choices				
●●Pizza, ●●Turkey Deli Sandwich, ●●Ham Deli Sandwich~, ●●PBJ Sandwich^, String Cheese^ & Fish Crackers, ●●Turkey Chef Salad, ●●Chef Salad^, ●●Hummus^ & Pita, ●●Yogurt^ & String Cheese^ with Pretzel				
Daily Side Choices				
●Broccoli &Cauliflower Salad ●Garden Salad ●Sandwich Toppings ●Sliced Pears ●Fresh Fruit	●Fresh Carrots ●Baked Beans ●Sandwich Toppings ●Pineapple Tidbits ●Fresh Fruit	●Spinach Dip ●Broccoli & Cheese ●Sandwich Toppings ●Sliced Peaches ●Orange Juice	●Dinner Roll ●Mashed Potatoes ●Sandwich Toppings ●Applesauce ●Fresh Strawberries ●Fresh Fruit	●Cooked Carrots ●Sandwich Toppings ●Tropical Fruit ●Fresh Fruit

^Vegetarian
 ~Pork
 ~~Menu Subject to Change

Nutrition Services

Phone 973-2160

www.nutrition.usd259.org



USDA is an equal opportunity provider and employer.