



Elementary School
Breakfast Menu

March 2017

Monday



Tuesday



Wednesday

Waffles
Syrup
Fruit Choice
Juice Choice
Milk

Thursday

Sausage and Cheese
Bagel Sandwich
Fruit Choice
Juice Choice
Milk

Friday

Coffee Cake
Fruit Choice
Juice Choice
Milk

6
Pancake Sausage
on a Stick
Fruit Choice
Juice Choice
Milk

7
French Toast Sticks
Syrup Sausage
Patty
Fruit Choice
Juice Choice
Milk

8
Ham and Egg
Biscuit Sandwich
Fruit Choice
Juice Choice
Milk

9
Strawberry Yogurt
Parfait
Fruit Choice
Juice Choice
Milk

10
Breakfast Pizza
Fruit Choice
Juice Choice
Milk

13
No School

14
Biscuit Breakfast
Bowl
Fruit Choice
Juice Choice
Milk

15
Waffles
Syrup
Fruit Choice
Juice Choice
Milk

16
Egg and Cheese
Muffinwich
Fruit Choice
Juice Choice
Milk

17
Cinnamon Roll
Fruit Choice
Juice Choice
Milk

20
Muffin String
Cheese
Fruit Choice
Juice Choice
Milk

21
Sausage Biscuit
Sandwich
Fruit Choice
Juice Choice
Milk

22
Bagel Cream Cheese
Fruit Choice
Juice Choice
Milk

23
Cinnamon Apple
French Toast
Fruit Choice
Juice Choice
Milk

24
No School

27
Apple Cinnamon
Oatmeal
Fruit Choice
Juice Choice
Milk

28
French Toast Sticks
Syrup
Fruit Choice
Juice Choice
Milk

29
Denver Slider
Fruit Choice
Juice Choice
Milk

30
Coffee Cake
Fruit Choice
Juice Choice
Milk

31
WG Strawberry
Yogurt Parfait
Fruit Choice
Juice Choice
Milk

For questions and comments, please email
Carrie Stethem Okoboji@Aviands.com

USDA is an equal opportunity provider and employer.

Start Your Day Right with
a Healthy Breakfast!

Menu Key: FP = Fresh Pick

All grains served are whole grain-rich.

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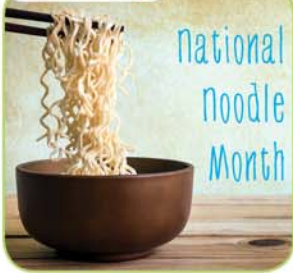
Elementary School Lunch Menu

March 2017



Student Lunch- \$2.65, Adult Lunch- \$3.50
Extra Milk \$.35

Monday



Tuesday

FUN FACTS:
CAULIFLOWER

The white part of the cauliflower is called the "curd."



Wednesday

Roasted Turkey
W / Gravy
Dinner Roll
Smashed Yukon Gold Potatoes
Cider Glazed Squash
Fruit Choice
Milk

Thursday

Sweet & Sour
Chicken Nuggets
Brown Rice
Orange Glazed Carrots
Fresh Broccoli
Fruit Choice
Milk

Friday

Hot Dog
On a Bun
Garden Salad
Green Beans
Fruit Choice
Milk

6

Pancakes
Scrambled Eggs
Tater tots
Baby Carrots
Syrup
Fruit choice
Milk

7

Chicken Parmesan
Spaghetti
Popeye Salad
Italian Vegetables
Fruit Choice
Milk

8

Pulled Pork
Sandwich
Sweet Potato Waffle
Fries
Corn Cobbette
Fruit Choice
Milk

9

Chicken Burrito
Pinto Beans
Salsa
Fruit Choice
Milk

10

Cheese Pizza
Jo Jo's
Garden Salad
Fruit Choice
Milk

13

No School

14

Chicken Nuggets
Baby Carrots
Mashed Potatoes
Fruit Choice
Milk

15

Spaghetti W/
Meatsauce
Garlic Breadstick
Popeye Salad
Italian Vegetables
Fruit Choice
Milk

16

Chili Con Carne
Cinnamon Roll
Celery
Garden Salad
Fruit Choice
Milk

17

Cheeseburger
Garden Salad
Seasoned Green
Beans
Fruit Choice
Milk

20

Mac & Cheese
Steamed Peas
Baby Carrots
Fruit Choice
Milk

21

Chili Dog
Pinto Beans
Romaine Lettuce
Diced Tomatoes
Fruit Choice
Milk

22

Frito Pie
Romaine Lettuce
Cherry Tomatoes
Tortilla
Fruit Choice
Milk

23

Pizza Casserole
Mixed Vegetables
Celery
Garlic Breadstick
Fruit Choice
Milk

24

No School

27

Fish Sticks
Green Beans
California Vegetables
Fruit Choice
Milk

28

Sloppy Joes
Tater Tots
Fresh Carrots
Fruit Choice
Milk

29

Beef Nachos
Refried Beans
Romaine Lettuce
Diced Tomatoes
Fruit Choice
Milk

30

BBQ Chicken
Drummie
Roasted Potatoes
Dinner Roll
Romaine Lettuce
Diced Tomatoes
Fruit Choice
Milk

31

Pepperoni Pizza
Garden Salad
Fresh Broccoli
Fruit Choice
Milk

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Newton Meal
Bagel, String Cheese, Yogurt Cup,
Fruit and Vegetable Choice

Menu Key: FP = Fresh Pick
All grains served are whole grain-rich.

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OKOBOJI MIDDLE SCHOOL BREAKFAST MENU

Serving Breakfast: 7:40– 8:10
Monday – Friday

CHEF'S SPECIALS

Includes Hot Entrée, Choice of Fruit, Juice, and Milk
2-Week Rotating Menu

Week 1

Monday: **Breakfast Pizza**
 Tuesday: **Biscuit w/Gravy**
 Wednesday: **Pancakes**
 Thursday: **Scrambled Eggs & Cheese w/Tortilla**
 Friday: **Waffles**

Week 2

Monday: **Pancake Sausage on a Stick**
 Tuesday: **Cinnamon Roll**
 Wednesday: **French Toast Sticks**
 Thursday: **Coffee Cake**
 Friday: **Scrambled Eggs w/Tortilla**



Build a Healthy Plate

Make half your plate fruits and vegetables.
 Make at least half your grains, whole grains.
 Vary your protein choices.
 Switch to skim or 1% milk.

For more information go to www.choosemyplate.gov

GOOD to GO

Includes Choice of Entree, Choice of Fruit, Juice, and Milk

Rotating Entree Choices

Monday- Sausage, Egg, and Cheese Bagel
 Tuesday- Breakfast Burrito
 Wednesday- Sausage, and Cheese Biscuit
 Thursday- Ham, and Cheese Muffinwich
 Friday- Sausage, Egg and Cheese Bagel

Fresh Fruit, Yogurt and Granola Parfaits served Daily –



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Daily Specials

Fresh Fruit Bowl
 Yogurt Parfait
 Chef's Choice

The Breakfast Menu follows the guidelines of the School Breakfast Program (SBP)

A complete breakfast meal consists of fruit and two of the three available options:

- Grains
- Protein
- ½ Pint Milk

Breakfast Prices

Student	\$1.50
Adult	\$1.50
Milk	\$0.35
Additional Item	\$1.50

Interested in receiving monthly *Nutritional News* via e-mail? Email the FSD and put **Nutrition News** in the subject line

For questions and comments, please email Carrie Stethem at Okoboji@aviands.com or call 712-338-2446



MIDDLE SCHOOL Lunch Menu

MARCH 2017

Student Lunch- \$2.65 Adult Lunch- \$3.50
Extra Entrée \$1.50



MONDAY

Farmers wrap cauliflower in its own leaves to keep it from changing color.



TUESDAY



WEDNESDAY

Roasted Turkey W/ Gravy
Biscuit
Smashed Yukon Gold Potatoes
Cider Glazed Squash

THURSDAY

Sweet & Sour Chicken Nuggets
Brown Rice
Orange Glazed Carrots
Fresh Broccoli

FRIDAY

Meatloaf
Biscuit
Romaine Garden Salad

Corn Dog
Steamed Carrots
Cheesy Broccoli

Meatball Hoagie
Popeye Salad
Italian Vegetables

Pork Sandwich w/ Pineapple Jam and Spicy Mayo
Sweet Potato Waffle Fries
Corn Cobbette

Chicken Taco
Baked Fries
Romaine Lettuce
Tomatoes

Korean BBQ Turkey
Brown Rice
Oriental Vegetables
Edamame

No School

Hot Turkey Sandwich
Baby Carrots
Mashed Potatoes

Spaghetti W/ Meatsauce
Garlic Breadstick
Popeye Salad
Italian Vegetables

Chili Con Carne
Cinnamon Roll
Celery
Garden Salad

Chicken Nuggets and Waffles
Jo Jo's
Celery

Mac & Cheese
Breadstick
Steamed Peas
Baby Carrots

Chicken Fajita
Pinto Beans
Romaine Lettuce
Tomatoes
Salsa

Breaded Fish Sandwich
Romaine Lettuce
Tomatoes

Open Faced Pizza Calzone
Mixed Vegetables
Celery

No School

Italian Dunkers
Green Beans
California Vegetables

Sloppy Joe
Tater Tots
Baby Carrots

Beef Nachos
Shredded Cheese
Refried Beans
Romaine Lettuce
Tomatoes

BBQ Chicken Drumsticks
Roasted Potatoes
Dinner Roll
Romaine Lettuce
Tomatoes

Teriyaki Chicken W/ Brown Rice
Oriental Vegetables
Edamame

Specials

Available Daily

Chef Choice Salads

Handmade Sub Sandwiches and Wraps on Whole Grain Tortilla or Hoagie

The Grille

Monday's-
Cheeseburger

Wednesday's-
Chicken Sandwich

Friday's-
Chef's Choice

The Deli

Fresh Selection of Fruits and Vegetables Offered Daily

Bravo

Tuesday's and Thursday's Entrée

Handmade Pizza by the Slice

GOOD to GO

Fruit and Yogurt Parfaits Available Daily

Menu Key: FP = Fresh Pick
All grains served are whole grain-rich

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Jump
Start

CHEF'S SPECIALS

Includes Hot Entrée, Choice of Fruit, Juice, and Milk
2-Week Rotating Menu

Week 1

Monday: **Breakfast Pizza**
Tuesday: **Biscuit w/Gravy**
Wednesday: **Pancakes**
Thursday: **Scrambled Eggs & Cheese w/Tortilla**
Friday: **Waffles**

Week 2

Monday: **Pancake Sausage on a Stick**
Tuesday: **Cinnamon Roll**
Wednesday: **French Toast Sticks**
Thursday: **Coffee Cake**
Friday: **Scrambled Eggs w/Tortilla**



Build a Healthy Plate

Make half your plate fruits and vegetables.
Make at least half your grains, whole grains.
Vary your protein choices.
Switch to skim or 1% milk.

For more information go to www.choosemyplate.gov

GOOD to GO

Includes Choice of Entree, Choice of Fruit, Juice, and Milk

Rotating Entree Choices

Monday- Sausage, Egg and Cheese Bagel
Tuesday- Breakfast Burrito
Wednesday- Sausage, and Cheese Biscuit
Thursday- Ham, and Cheese Muffinwich
Friday-Sausage, Egg and Cheese Bagel

Fresh Fruit, Yogurt and Granola Parfaits served Daily



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Daily Specials

Fresh Fruit Bowl
Yogurt Parfait
Chef's Choice

The Breakfast Menu follows the guidelines of the School Breakfast Program (SBP)

A complete breakfast meal consists of fruit and two of the three available options:

- Grains
- Protein
- ½ Pint Milk

All grain products served are whole grain-rich.

Breakfast Prices

Student	\$1.50
Reduced	\$.30
Adult	\$1.50
Milk	\$.35

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Student Lunch- \$2.65
Adult Lunch - \$3.50 Extra Entrée \$1.50

MONDAY

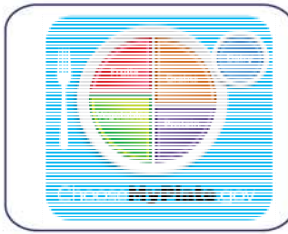
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Farmers wrap cauliflower in its own leaves to keep it from changing color.



Roasted Turkey W/ Gravy
Biscuit
Smashed Yukon Gold Potatoes
Cider Glazed Squash

Sweet & Sour Chicken Nuggets
Brown Rice
Orange Glazed Carrots
Fresh Broccoli

Meatloaf
Biscuit
Romaine Garden Salad
Green Beans

Corn Dog
Steamed Carrots
Cheesy Broccoli

Meatball Hoagie
Popeye Salad
Italian Vegetables

Pork Sandwich w/ Pineapple Jam and Spicy Mayo
Sweet Potato Waffle Fries
Corn Cobbette

Chicken Taco
Baked Fries
Romaine Lettuce
Tomatoes

Korean BBQ Turkey
Brown Rice
Oriental Vegetables
Edamame

No School

Hot Turkey Sandwich
Baby Carrots
Mashed Potatoes

Spaghetti W/ Meatsauce
Garlic Breadstick
Popeye Salad
Italian Vegetables

Chili Con Carne
Cinnamon Roll
Celery
Garden Salad

Chicken Nuggets and Waffles
Jo Jo's
Celery

Mac & Cheese
Breadstick
Steamed Peas
Baby Carrots

Chicken Fajita
Pinto Beans
Romaine Lettuce
Tomatoes
Salsa

Breaded Fish Sandwich
Romaine Lettuce
Tomatoes

Open Faced Pizza Calzone
Mixed Vegetables
Celery

No School

Italian Dunkers
Green Beans
California Vegetables

Sloppy Joe
Tater Tots
Baby Carrots

Beef Nachos
Shredded Cheese
Refried Beans
Romaine Lettuce
Tomatoes

BBQ Chicken Drumsticks
Roasted Potatoes
Dinner Roll
Romaine Lettuce
Tomatoes

Teriyaki Chicken W/ Brown Rice
Oriental Vegetables
Edamame

Specials
Available Daily
Chef Choice Salads
Handmade Sub Sandwiches and Wraps on Whole Grain Tortilla or Hoagie

Hot Spot
Monday's- Cheeseburger
Wednesday's- Chicken Sandwich
Friday's- Chef's Choice

Nutrition Bar
Fresh Selection of Fruits and Vegetables Offered Daily

@Bravo
Tuesday's and Thursday's Entrée
Handmade Pizza by the slice

GOOD to GO
Fruit and Yogurt Parfaits Available Daily
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Menu Key: FP = Fresh Pick • WG = Whole Grain