



Elementary School Breakfast Menu

November 2016

Choice of Cereal and Goldfish Cracker Available Daily

Monday



Tuesday

Sausage Biscuit
Sandwich
Fruit Choice
Juice Choice
Milk

Wednesday

Bagel
Cream Cheese
Fruit Choice
Juice Choice
Milk

Thursday

Cinnamon Apple
Baked French Toast
Fruit Choice
Juice Choice
Milk

Friday

Breakfast Burrito
Salsa
Fruit Choice
Juice Choice
Milk

7

Apple Cinnamon
Oatmeal
Fruit Choice
Juice Choice
Milk

8

French Toast Sticks
Syrup
Fruit Choice
Juice Choice
Milk

9

Denver Slider
Fruit Choice
Juice Choice
Milk

10

Coffee Cake
Fruit Choice
Juice Choice
Milk

11

NO SCHOOL

14

Pancake Sausage
on a Stick
Fruit Choice
Juice Choice
Milk

15

Breakfast Burrito
Fruit Choice
Juice Choice
Milk

16

Pancakes w/
Spiced Apple
Topping
Fruit Choice
Juice Choice
Milk

17

Breakfast Pizza
Fruit Choice
Juice Choice
Milk

18

Sausage and Cheese
Bagel Sandwich
Fruit Choice
Juice Choice
Milk

21

Cranberry Orange
Oatmeal
Fruit Choice
Juice Choice
Milk

22

Cinnamon Roll
Hard Boiled Egg
Fruit Choice
Juice Choice
Milk

23

THANKSGIVING BREAK- NO SCHOOL

24

25

28

Muffin
String Cheese
Fruit Choice
Juice Choice
Milk

29

Pancake on a Stick
Fruit Choice
Juice Choice
Milk

30

Cheesy Scrambled
Eggs
Toast
Fruit Choice
Juice Choice



For questions and comments, please email Carrie Stethem
Okoboji@aviands.com or call 712.338.2446

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

November 2016

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



Monday

Tuesday

1 Wednesday

2 Thursday

3 Friday

4

Chicken Parmesan
Spaghetti
Popeye Salad
Italian Vegetables
Fruit Choice
Milk

Pulled Pork
Sandwich
Sweet Potato Fries
Corn Coblette
Fruit choice
Milk

Chicken Burrito
Pinto Beans
Salsa
Fruit Choice
Milk

Cheese Pizza
Jo Jo's
Garden Salad
Fruit Choice
Milk

7 Baked Ziti
Corn
Fresh Broccoli
Fruit choice
Milk

8 Beef Enchilada
Spanish Rice
Pinto Beans w/ Salsa
Tomatoes
Romaine Lettuce
Fruit Choice
Milk

9 Honey Glazed Pork
Dinner Roll
Smashed Yukon Gold
Potatoes
Cider Glazed Squash
Fruit Choice
Milk

10 Teriyaki Chicken
Brown Rice
Orange Glazed Carrots
Fresh Broccoli
Fruit Choice
Milk

No School

14 Grilled Cheese
Mixed Vegetables
Popeye Salad
Tomato Soup
Fruit Choice
Milk

15 Chicken Nuggets
Green Beans
Baby Carrots
Dinner Roll
Fruit Choice
Milk

16 Tacos
Spanish Rice
Romaine Lettuce
Tomatoes
Pinto Beans
Fruit Choice
Milk

17 Turkey & Dressing
Orange Glazed Carrots
Mashed Potato
Dinner Roll
Fruit Choice
Milk

18 Hot Dog
On a Bun
Garden Salad
Baked Fries
Fruit Choice
Milk

21 Bean Tacos
Cornbread
Romaine Lettuce
Diced Tomatoes
Salsa
Fruit Choice
Milk

22 Spaghetti w/ Meat
sauce
Garlic Breadstick
Steamed Corn
Cucumbers
Ranch
Fruit Choice
Milk

Thanksgiving Holiday - No School

28 French Toast Sticks
Scrambled Eggs
Tator Tots
Cucumbers
Fruit Choice
Milk

29 Beef Pasta Bake
Romaine Salad
Green Beans
Fruit Choice
Milk

30 Hot Ham & Cheese
Baby Carrots
Cheesy Broccoli
Fruit Choice
Milk

FUN FACT:
RUTABAGA
Rutabaga are a cross
between a turnip and
a cabbage.

FRESH PICKS

November is
National Pepper
Month



For questions and comments, please contact
Food Service Director:
Carrie Stethem 712-338-2446

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

Menu Key: FP = Fresh Pick

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All grains served are whole grain-rich.



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

NOVEMBER 2016

Student- \$2.65, Adult- \$3.50,
Milk \$.35, Additional Entrée- \$1.50



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
2
3
4
5
6

Chicken Parmesan
Spaghetti
Popeye Salad
Italian Mixed Vegetables

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

Mediterranean Chicken Pita Pocket
Baked Fries
Romaine Lettuce
Tomatoes

Korean BBQ Turkey
Brown Rice
Oriental Vegetables
Edamame

Baked Ziti
Corn
Fresh Broccoli

Beef Enchilada
Spanish Rice
Pinto Beans W/ salsa
Tomatoes
Romaine Lettuce

Honey Glazed Pork Roast
Biscuit
Smashed Yukon Gold Potatoes
Cider Glazed Squash

Teriyaki Chicken
Brown Rice
Orange Glazed Carrots
Fresh Broccoli

No School

Grilled Cheese
Tomato Soup
Popeye Salad

Chicken Nuggets
Dinner Rolls
Green Beans
Baby Carrots

Lots -O- Tots
Spanish Rice
Romaine Lettuce
Tomatoes
Pinto Beans w/ Salsa

Turkey & Dressing
Orange Glazed Carrots
Mashed Potatoes

Stacked Taco Bake
Mexi- Corn
Romaine Lettuce
Tomatoes

Taco – The Town Bean Tacos
Corn Bread
Romaine Lettuce
Tomatoes

Meatball Hoagie
Steamed Corn
Cucumbers

Thanksgiving Break- No School

Chilaquiles
Romaine Lettuce
Tomatoes
Cucumbers

Swedish Meatballs
Pasta
Romaine Lettuce
Green Beans

Hot Ham & Cheese
Baby Carrots
Cheesy Broccoli

Rutabagas are known as swedes worldwide, they are referred to as Rutabaga only in the U.S.



Specials

The Grille

Nutrition Bar

Bravo

GOOD to GO

Available Daily
Chef Choice Salads

Handmade Sandwiches and Wraps
On Whole Grain Tortilla and Hoagie

Monday's -
Cheese Burger

Wednesday- Crispy Chicken Sandwich

Friday's-
Chef's Choice

Fresh Selection Of Fruits and Vegetables offered Daily

Tuesday and Thursday's Entrée's

Handmade Pizza by the Slice

Fruit and Yogurt Parfaits Available Daily

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



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-\$2.65, Adult- \$3.50,
Milk \$.35, additional Entrée_\$1.50



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
2
3
4
5
6

Chicken Parmesan
Spaghetti
Popeye Salad
Italian Mixed Vegetables

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

Mediterranean Chicken Pita Pocket
Baked Fries
Romaine Lettuce
Tomatoes

Korean BBQ Turkey
Brown Rice
Oriental Vegetables
Edamame

Baked Ziti
Corn
Fresh Broccoli

Beef Enchiladas
Spanish Rice
Pinto Beans W/ Salsa
Tomatoes
Romaine Lettuce

Honey Glazed Pork Roast
Biscuit
Smashed Yukon Gold Potatoes
Cider Glazed Squash

Teriyaki Chicken
Brown Rice
Orange Glazed Carrots
Fresh Broccoli

No School

Grilled Cheese
Tomato Soup
Popeye Salad

Chicken Nuggets
Dinner Rolls
Green Beans
Baby Carrots

Lots-O-Tots
Spanish Rice
Romaine Lettuce
Tomatoes
Pinto Beans w/ Salsa

Turkey & Dressing
Orange Glazed Carrots
Mashed Potatoes

Stacked Taco Bake
Mexi -Corn
Romaine Lettuce
Tomatoes

Taco- The Town Bean Tacos
Corn Bread
Romaine Lettuce
Tomatoes

Meatball Hoagie
Steamed Corn
Cucumbers

THANKSGIVING BREAK- NO SCHOOL

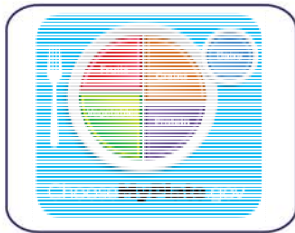
THANKSGIVING BREAK- NO SCHOOL

THANKSGIVING BREAK- NO SCHOOL

Chilaquiles
Romaine Lettuce
Tomatoes
Cucumbers

Swedish Meatballs
Pasta
Romaine Lettuce
Green Beans

Hot Ham & Cheese
Baby Carrots
Cheesy Broccoli



Rutabagas are a cross between a turnip and a cabbage.

Specials
Available Daily
Chef Choice Salads

Handmade Sandwiches and Wraps on Whole Grain Tortilla or Hoagie Bun

Hot Spot
Monday- Cheese Burger

Wednesday- Crispy Chicken Sandwich

Friday- Chef Choice

Nutrition Bar
Fresh Selection of Fruits and Vegetables offered Daily

@Bravo
Tuesday & 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