



Oakridge Public Schools Secondary Lunch Menu September 6-10/2010

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$2.10 Reduced \$.40 Adult \$3.25 Milk \$.40	LABOR DAY NO SCHOOL	Sweet & Sour Popcorn Chicken WG Brown Rice Steamed Broccoli	Homemade Baked Ziti Garlic Breadstick Italian Blend	Chicken Fajita In Flour Tortilla Spanish Rice Winter Blend	Chunky Turkey Gravy Mashed Potatoes WW Sliced Bread Seasoned Corn
Trattoria Fresh Homemade Cheese and Pepperoni Pizza Daily		 Aloha Pizza With Chicken & Ham	Sausage Pizza	Veggie Pizza	Meat Lovers Stromboli
Sandwich Central Made To Order Sandwiches & Wraps		Santa Fe Wrap Available in Outtakes As Grab and Go Item	Ham & Cheese Sub Available in Outtakes As Grab and Go Item	Chicken Ranch Wrap Available in Outtakes As Grab and Go Item	3 Cheese Wrap With Honey Mustard Available in Outtakes As Grab and Go Item
Fresh Grille Cheeseburger Chicken Patty Sandwich Grilled Chicken		Italian Chicken Sandwich	Hot & Spicy Chicken Sandwich	Grilled Ham & Cheese	Fish Sandwich
Outtakes Wraps & Salads		Greek Salad	Turkey Club Salad	Chicken Caesar Salad 	Chef Salad
Daily Accompaniments	Assorted 1% and Skim Milk Choices	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Fresh Locally Grown Vegetables	Assorted Low Fat Dressings

OAKRIDGE PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



This Symbol Indicates a
Balanced Choices Meal

Balanced Choices Meal Parameters

<u>Nutrients</u>	<u>K-6</u>	<u>7-12</u>	<u>Allowable Range</u>
Calories	664	825	Plus or minus 10%
Protein (g)	10	16	Minimum allowable
Calcium (mg)	286	400	10% below, no upper limit
Iron (mg)	3.5	4.5	10% below, no upper limit
Vitamin A (RE)	224	300	10% below, no upper limit
Vitamin C (mg)	15	18	10% below, no upper limit
Fat (% of Calories)	30%	30%	Maximum allowable
Saturated Fat	10%	10%	Maximum allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium	1300	1300	Maximum allowable

All Breakfast Include Fruit Juice or Fruit and a Milk Choice

Student:\$1.50 Adult:\$2.00 Reduced:\$.30

Available Daily

We offer a variety of cereal choices

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Whole Grain Pancakes & Sausage
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links




Allergens:

All menu items may contain: Milk, Eggs, Fish/Shellfish, Peanuts/Tree Nuts, Wheat, Soy

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382. **Food Service Provided by Chartwells. Menu subject to change without notice**

Questions? Please Call Kristie Long (231) 788-7321

Oakridge Public Schools Secondary Lunch Menu September 13-17/2010

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$2.10 Reduced \$.40 Adult \$3.25 Milk \$.40	Spaghetti with Meat Sauce Garlic Breadstick Italian Blend	2-4-1 Hot Dog Bar With Chili, Cheese & Onion Au Gratin Potatoes	Nacho Supreme Refried Beans with Cheese Mixed Vegetables	Whole Grain Chicken Nuggets (6) Mashed Potatoes Winter Blend	Tangy BBQ Rib Cheesy Macaroni Buttermilk Biscuit Seasoned Green Beans
Trattoria Fresh Homemade Cheese and Pepperoni Pizza Daily	 Margheritta Flatbread	Ham Pizza	Sausage Pizza	Taco Pizza	Cheese Filled Bosco Sticks With Dipping Sauce
Sandwich Central Made To Order Sandwiches & Wraps	Ham & Cheese Wrap Available in Outtakes As Grab and Go Item	Little Italy Wrap Available in Outtakes As Grab and Go Item	Turkey & Cheese Sub Available in Outtakes As Grab and Go Item	Chunky Tuna Salad Wrap  Available in Outtakes As Grab and Go Item	Veggie & Cheese Wrap Available in Outtakes As Grab and Go Item
Fresh Grille Cheeseburger Chicken Patty Sandwich Grilled Chicken	Bacon Cheeseburger	Chicken Cordon Bleu Sandwich	Hot & Spicy Chicken Sandwich	Hot Ham & Cheese	Fish Sandwich
Outtakes Wraps & Salads	Chicken & Walnut Salad	Greek Salad	Turkey Club Salad	Chicken Caesar Salad 	Chef Salad
Daily Accompaniments	Assorted 1% and Skim Milk Choices	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Fresh Locally Grown Vegetables	Assorted Low Fat Dressings

OAKRIDGE PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



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Available Daily

We offer a variety of cereal choices

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Whole Grain Pancakes & Sausage
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links

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Oakridge Public Schools Secondary Lunch Menu September 20-24/2010

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$2.10 Reduced \$.40 Adult \$3.25 Milk \$.40	Salisbury Steak Mashed Potatoes with Gravy, WW Dinner Roll Seasoned Corn	Chili with Shredded Cheese & Onions Homemade Cornbread Mixed Vegetables	Wet Burrito with Chips & Salsa Winter Blend	Chicken Parmesan Pasta Garlic Breadstick Italian Blend	2-4-1 Soft Shell Beef Tacos with Lettuce, Cheese Refried Beans
Trattoria Fresh Homemade Cheese and Pepperoni Pizza Daily	Buffalo Chicken Flatbread	 Aloha Pizza with Chicken & Ham	Sausage Pizza	Veggie Pizza	Meat Lovers Stromboli
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Caesar Wrap  Available in Outtakes As Grab and Go Item	Santa Fe Wrap Available in Outtakes As Grab and Go Item	Ham & Cheese Sub Available in Outtakes As Grab and Go Item	Chicken Ranch Wrap Available in Outtakes As Grab and Go Item	3 Cheese Wrap With Honey Mustard Available in Outtakes As Grab and Go Item
Fresh Grille Cheeseburger Chicken Patty Sandwich Grilled Chicken	Bacon Cheeseburger	Italian Chicken Sandwich	Hot & Spicy Chicken Sandwich	Grilled Ham & Cheese	Fish Sandwich
Outtakes Wraps & Salads	Chicken & Walnut Salad	Greek Salad	Turkey Club Salad	Chicken Caesar Salad 	Chef Salad
Daily Accompaniments	Assorted 1% and Skim Milk Choices	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Fresh Locally Grown Vegetables	Assorted Low Fat Dressings

OAKRIDGE PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



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Balanced Choices Meal

All Breakfast Include Fruit Juice or Fruit and a Milk Choice

Student:\$1.50 Adult:\$2.00 Reduced:\$.30

Available Daily

We offer a variety of cereal choices

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Whole Grain Pancakes & Sausage
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links

Balanced Choices Meal Parameters

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Oakridge Public Schools Secondary Lunch Menu September 27-October 1/2010

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$2.10 Reduced \$.40 Adult \$3.25 Milk \$.40	Homemade Lasagna Garlic Breadstick Italian Blend	Breakfast Bar French Toast Sticks Sausage Links Tater Tots	Sloppy Joe Potato Wedges Winter Blend	Chunky Turkey Gravy Mashed Potatoes Buttermilk Biscuit Seasoned Green Beans	Chicken Broccoli Alfredo Steamed Rice  Carrot Coins
Trattoria Fresh Homemade Cheese and Pepperoni Pizza Daily	 Margerhitta Flatbread	Ham Pizza	Sausage Pizza	Taco Pizza	Cheese Filled Bosco Sticks With Dipping Sauce
Sandwich Central Made To Order Sandwiches & Wraps	Ham & Cheese Wrap Available in Outtakes As Grab and Go Item	Little Italy Wrap Available in Outtakes As Grab and Go Item	Turkey & Cheese Sub Available in Outtakes As Grab and Go Item	Chunky Tuna Salad Wrap  Available in Outtakes As Grab and Go Item	Veggie & Cheese Wrap Available in Outtakes As Grab and Go Item
Fresh Grille Cheeseburger Chicken Patty Sandwich Grilled Chicken	Bacon Cheeseburger	Chicken Cordon Bleu Sandwich	Hot & Spicy Chicken Sandwich	Hot Ham & Cheese	Fish Sandwich
Outtakes Wraps & Salads	Chicken & Walnut Salad	Greek Salad	Turkey Club Salad	Chicken Caesar Salad 	Chef Salad
Daily Accompaniments	Assorted 1% and Skim Milk Choices	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Fresh Locally Grown Vegetables	Assorted Low Fat Dressings

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Vitamin A (RE)	224	300	10% below, no upper limit
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Cholesterol (mg)	100	100	No lower limit, 10% above
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We offer a variety of cereal choices

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- Breakfast Sandwich (Egg Sausage Cheese)
- Whole Grain Pancakes & Sausage
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