

November MENU

OJUSD FOOD SERVICE

NOURISHING BODIES.
ENERGIZING MINDS.

2018



















Keeping kids at a healthy weight

At snack time: Never eat straight from the bag or box. Measure out snacks, including fruits and veggies, into appropriate portion sizes before giving them to your kids.

Be a good role model - You don't have to be perfect all the time, but if kids see you trying they'll take notice of your efforts. .

Keep things positive - Kid's don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
<http://www.heart.org>
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Mon	Tue	Wed	Thu	Fri
Cereal or Coffee Cake Fruit/Choice of Milk	Cereal or Breakfast Pizza Fruit /Choice of Milk	Cereal or Scrambled Eggs/Toast Fruit/Choice of Milk	Cereal or Breakfast Bun Fruit/Choice of Milk	Cereal or Biscuit, Egg, Tky Ham Fruit/Choice of Milk

Mon	Tue	Wed	Thu	Fri
	Make payments or view your student's meal history. With your student's id number just go to www.mymealtime.com To sign up.		Bean Cheese Burritos 1 Salad bar Fruit Ketchup Choice of Milk Min Day	Grilled Cheese 2 Cheetos Salad Bar Fruit Choice of Milk Min Day 
Nachos 5 Jalapenos Bean Dip  Celery w/ peanut butter Salad Bar/Fruit Choice of Milk	Breakfast 4 Lunch 6 Pancakes w/Syrup Sausage Salad Bar  Fruit Choice of Milk	Happy B-Day!!!! Pulled Pork w/BBQ 7 Choc Chip Cookie Mac Salad Salad Bar/Fruit  Choice of Milk	Chicken Pot Pie 8 Salad Bar Fruit Choice of Milk 	Cheesy Quesadilla 9 Salad Bar Fruit Choice of Milk 
 12	Tyson Chicken Nuggets 13 Goldfish Salad Bar  Fruit Ketchup Choice of Milk	BBQ Beef Rib 14 Mashed Potatoes Pasta Salad Salad Bar Fruit Choice of Milk	Spaghetti 15 Meat Sauce Dinner Roll Salad Bar  Fruit Choice of Milk	French Bread Pizza 16 Salad Bar Fruit Choice of Milk 
NO SCHOOL 19	NO SCHOOL 20	NO SCHOOL 21	 22	NO SCHOOL 23
Nachos  26 Jalapenos Bean Dip Celery w/ peanut butter Salad Bar/Fruit Choice of Milk	Tyson Chicken Nuggets 27 Pasta Salad Salad Bar  Fruit Ketchup Choice of Milk	Breakfast 4 Lunch 28 Pancakes w/Syrup Sausage Salad Bar  Fruit Choice of Milk	Chicken Pot Pie 29 Salad Bar Fruit Choice of Milk 	Cheesy Quesadilla 30 Salad Bar Fruit Choice of Milk 

BREAK-FAST Menu

Choice of entrée
Students must select a minimum 1/2 cup of fruit and/or vegetable combination.


Paid \$1.60
Reduced \$.30

LUNCH

Students must select A minimum 1/2 cup fruit and /or vegetable combination
And 2 more menu components. They may also select all menu items if desired.

Paid \$2.75
Reduced \$.40

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Days with nut products in the menu will be displayed with:  description of the nut will be on the days menu, please call the central kitchen at 847-9666 if further information is needed.