

# Breakfast Menu

Breakfast is Served Daily  
Before School & At Break!

## "Offer Vs Serve"

### Entree Choice

*Sausage Cheese McMuffin (Mon. Wed. Fri.)*  
*Breakfast Burrito (Tues. Thurs.)*  
*Breakfast Sandwich*  
*Variety Muffins*  
*Variety Donut Pack*  
*Fresh Yogurt Fruit Parfait*

### Side Choice

*(Must Choose One - May Choose Both)*  
*Fruit, Assorted Juices*



### Milk Choice

*(Optional If Entree Is Chosen)*  
*1% Lowfat Milk or*  
*Fat Free Chocolate Milk*



## Breakfast is the most important meal of the day!

Students who eat breakfast show an increased ability to learn, better academic performance, and may have a decreased risk of being overweight. Good nutrition helps you perform to your highest potential. It's a healthy way to start your day!

## About School Meals

School meals must meet the following nutrient standards over the course of the week for grades 9 thru 12:

### Minimum Of The

### Recommended Dietary Allowances or RDA

#### BREAKFAST

Calories 450—600

1/4 of the RDA for:

Protein

Calcium

Iron

Vitamin A

Vitamin C

#### LUNCH

Calories 750—850

1/3 of the RDA for:

Protein

Calcium

Iron

Vitamin A

Vitamin C

### Maximums For Breakfast And Lunch For The Following:

No more than 30% calories from fat.

No More than 10% calories from saturated fat.

For more information about school lunches contact us at:

### Food Service Dept.

### Oroville Union High School District

2380 Las Plumas Ave.

Oroville, CA 95966

Phone: 530.538.2316

Email: [pwakefie@ouhsd.org](mailto:pwakefie@ouhsd.org)



## Free and Reduced-Price Meal Program

Apply Online: [www.ouhsd.org](http://www.ouhsd.org)



Free and reduced-price meals are offered daily at OHS, LPHS, Prospect/CDS. Your participation is confidential and not known to students.

If you did not receive a letter qualifying you for free meals by direct certification, you must apply online at [www.ouhsd.org](http://www.ouhsd.org) and submit a new meal application for the current school year to participate in the free and reduced price meal program. On line pre pay is also available online at [www.ouhsd.org](http://www.ouhsd.org) for students thru MySchoolBucks.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

"USDA is an equal opportunity provider and employer."

# OROVILLE UNION HIGH SCHOOL DISTRICT MENU



# School Lunch Menu

"Offer Vs Serve"

## Entree Choice

### DAILY SPECIAL

- Mon.- Alfredo Bowl, Breadstyx
- Tues. - Fresh Taco Salad
- Wed. - Lasagna, Breadstyx
- Thurs. - Famous Chicken Bowl
- Fri. - Smothered Burrito

### BEEF & CHICKEN MIX

- Grilled Cheeseburger, Fries (Tues. Thurs.)
- J. Lee Roy's Smoked Deli Sandwich (Wed.)
- Chicken Strips, Fries (Mon. Fri.)

### FIESTA

- Nachos (Mon. Wed. Fri.)
- Spicy Chicken Sandwich (Tues. Thurs.)

### ASIAN

- Oriental Chicken Noodle Bowl (Mon. Wed, Fri.)
- Oriental Chicken Salad, Roll (Tues. Thurs.)

### FRESH MIX

- Sub Sandwich (Mon. Wed. Fri.)
- Fresh Wrap (Tues. Thurs.)
- Caesar Salad, Roll (Mon. Wed.)
- J. Lee Roy's Smoked BBQ Salad, Roll (Fri.)

### SERVED DAILY PB&J Sandwich

### Condiments

Mayo, Mustard, Ketchup, Hot Sauce, Ranch Cup

### Side Choice

(Must Choose One - May Choose Both)

Fresh Fruit, Side Salad or Vegetable Juice

### Milk Choice

(Optional If Entree Is Chosen)

- 1% Lowfat Milk or
- Fat Free Chocolate Milk

## Served Daily On Campus!!



"PIZZA HUT" Pizza By The Slice!

Pepperoni, Sausage, Cheese, Veggie

# Baked Fresh Daily!

## PRICES

- Student Breakfast.....\$2.00
- Student Reduced Breakfast.....\$ .30
- Adult Breakfast.....\$2.50
- Student Lunch.....\$3.00
- Student Reduced Lunch.....\$ .40
- Adult Lunch.....\$3.50

## Grilled Cheeseburgers Served Tues. & Thurs.



Food Services staff have been very busy all summer looking for new and exciting things to add to our menus this school year. We will be adding new items on a regular basis so check back often to see what's new!

Again this fall, OUHSD school cafeterias are meeting federal nutrition standards for school meals, ensuring that our meals are healthy and well-balanced and provide students the nutrition they need to succeed in school. We encourage your student to choose school breakfast and lunch!

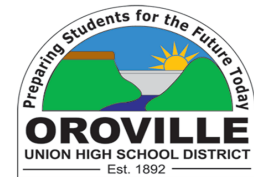
School meals offer students milk, fruits, vegetables, proteins and grains. They must meet strict limits on saturated fat, sodium and calories. In the school year 2016-2017, school breakfast & lunch will continue to meet standards requiring:

- \* Age appropriate calorie limits
- \* Fat-free or 1% milk (flavored milk must be fat-free)
- \* A wide variety of fruits and vegetables
- \* Whole grain products

As we continue to implement federal and state meal regulations, students must take at least a 1/2 cup serving of fruit and/or vegetable with their breakfast meal. So this year, students receiving school meals must select at least a 1/2 cup serving of fruit and/or vegetable with both breakfast and lunch.

We're always working to offer healthy and tasty choices!

## Make School Lunch A Part of Your Day



### PROSPECT/COMMUNITY DAY LIMITED ENTREES

Menu Subject to change without notice!  
(Nov. Dec. Jan. 2016)