

Monday

Tuesday

Wednesday

Thursday

Friday

Café 233 Milk/Juice Choices

Breakfast choices vary depending on location. **Bolded** breakfast items available at *Grab-n-Go Breakfast*. Check with your school for details on menu items and serving times.

Daily Milk Choices: 1% White, Skim Chocolate

Daily 100% Juice Choices: Apple, Orange



Scan with your mobile device and view menus on the go!

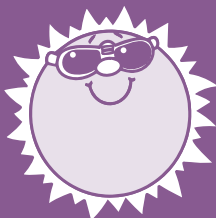


September 1 - B

- A. Bacon Breakfast Pizza
- B. Fruit Loops Pouch & String Cheese**
Strawberry Craisins
Milk, Juice

- A. Stuffed Crust Pizza
- B. Fish Shapes & Roll**
- Y. Yogurt & Cracker Crisps**
Roasted Cauliflower
Fresh Red Peppers
Mandarin Oranges
Grapes

No School Today



September 5 - C

- A. Cereal & Yogurt
- B. Apple Cinnamon Roll**
Diced Pear Cup
Milk
Juice

- A. Hamburger w/ Bun
- B. Cheese Ravioli w/ Breadstick**
- Y. Wow Butter Sandwich & String Cheese**
Salad Mix
Baked Beans
Fruit Cocktail

September 6 - D

- A. Pancake Sausage Stick
- B. Golden Graham Pouch & String Cheese**
Apple Slices
Milk, Juice

- A. French Toast Sticks & Sausage Links
- B. Corn Dog**
- Y. Yogurt & Muffin**
Potato Triangles
Baby Carrots
Mandarin Oranges
Pineapple

September 7 - E

- A. Mini Waffles
- B. French Toast Benefit Bar**
Banana
Milk
Juice

- A. Stuffed Crust Pepperoni Pizza
- B. Teriyaki Chicken w Rice**
- Y. Wow Butter Sandwich & String Cheese**
Romaine Salad
Fresh Veggies & Ranch
Strawberries & Bananas
Vanilla Pudding

September 8 - A

- A. Breakfast Bites
- B. Apple Jacks Pouch & Yogurt**
Craisins-Blueberry
Milk
Juice

- A. Chicken Strips & Roll
- B. Breaded Chicken Sandwich**
- Y. Yogurt & Cracker Crisps**
Romaine & Spinach Salad
Fries
Peaches
Rosy Applesauce

September 11 - B

- A. Cereal & String Cheese
- B. Banana Bread**
Strawberry Applesauce Cup
Milk
Juice

- A. Nacho Bites
- B. Calzone**
- Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Broccoli & Cheese
Fresh Red Pepper Slices
Tropical Fruit

September 12 - C

- A. Cereal & Yogurt
- B. Oatmeal Chocolate Chip Benefit Bar**
Diced Peach Cup
Milk, Juice

- A. Chicken Nuggets & Roll
- B. Beef Soft Tacos**
- Y. Wow Butter Sandwich & String Cheese**
Shredded Lettuce
Grape Tomatoes
Taco Fiesta Black Beans
Pineapple
Mango Berry Pom Swirl

September 13 - D

- A. Pancake & Sausage Stick
- B. Froot Loops Pouch & String Cheese**
Apple Slices
Milk, Juice

- A. Dutch Waffle & Sausage Links
- B. Mini Corn Dogs**
- Y. Yogurt & Muffin**
Baked Potato Smiles
Fresh Sliced Cucumber
Sliced Cinnamon Pears
Fruit Cocktail

September 14 - E

- A. Cinni Minis
- B. Cinn.Toast Cr. Bar & Yogurt**
Clementine
Milk
Juice

- A. Hot Dog w/ Bun
- B. Chili**
- Y. Wow Butter Sandwich & String Cheese**
Fresh Baby Carrots
Creamy Broccoli Salad
Peaches
Cinnamon Roll

September 15 - A

- A. Sausage Breakfast Pizza
- B. Kraves Pouch & String Cheese**
Craisins - Cherry
Milk
Juice

- A. Chicken Tender Bites
- B. Cheese Bosco w/ Marinara**
- Y. Yogurt & Cracker Crisps**
Romaine Salad
Corn
Grapes
Applesauce

September 18 - B

- A. Cereal & String Cheese
- B. Blueberry Muffin**
Strawberry Applesauce Cup
Milk
Juice

- A. Mozzarella Cheese Sticks & Marinara
- B. Breaded Chicken Sandwich**
- Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Sunshine Blend Carrots
Mandarin Oranges
Chocolate Pudding

September 19 - C

- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun**
Diced Pear Cup
Milk
Juice

- A. Chicken Strips & Roll
- B. Italian Turkey Sub**
- Y. Wow Butter Sandwich & String Cheese**
Shredded Lettuce
Twice Mashed Potatoes
Grape Tomatoes
Fruit Cocktail

September 20 - D

- A. Egg & Cheese Slider
- B. Apple Jacks Pouch & String Cheese**
Apple Slices
Milk, Juice

- A. French Toast Sticks & Sausage Links
- B. Corn Dog**
- Y. Yogurt & Muffin**
Romaine Salad
Skillet Potatoes
Pears
Peaches

September 21 - E

- A. Mini Pancakes
- B. Cocoa Puff Bar & Yogurt**
Banana
Milk
Juice

- A. Cheese Pizza
- B. Taco Salad**
- Y. Wow Butter Sandwich & String Cheese**
Shredded Lettuce,
Diced Tomatoes
Taco Fiesta Black Beans
Strawberries & Bananas
Sugar Cookie

September 22 - A

- A. Dutch Waffle
- B. Golden Graham Pouch & Yogurt**
Craisins-Orange
Milk, Juice

- A. Hamburger w/ Bun
- B. Lasagna & Breadstick**
- Y. Yogurt & Cracker Crisps**
Romaine & Spinach Salad
California Veggies
Apple Slices
Orange Wedges

September 25 - B

- A. Cereal & String Cheese
- B. Cinnamon Bread**
Berry Applesauce Cup
Milk
Juice

- LUCKY TRAY DAY!**
- A. Chicken Nuggets & Roll
 - Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Mashed Potatoes & Gravy
Fresh Broccoli
Pineapple

September 26 - C

- A. Cereal & Yogurt
- B. Banana Chocolate Chip Benefit Bar**
Mandarin Orange Cup
Milk, Juice

- A. Cheese Bosco w/ Marinara
- B. Fajita Chicken Bowl**
- Y. Wow Butter Sandwich & String Cheese**
Grape Tomatoes
Cajun Seasoned Beans
Lemon Berry Fruit Swirl
Peaches

September 27 - D

- A. French Toast & Sausage Links
- B. Kraves Pouch & String Cheese**
Apple Slices
Milk, Juice

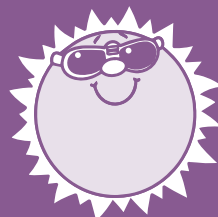
- A. Pancakes & Sausage Links
- B. Mini Corn Dogs**
- Y. Yogurt & Muffin**
Green Beans
Baby Carrots
Pears
Cinnamon Applesauce

September 28 - E

- A. Cheese Stuffed Pretzel
- B. Trix Bar & Yogurt**
Clementine
Milk
Juice

- A. Popcorn Chicken & Roll
- B. Spaghetti & Meatballs**
- Y. Wow Butter Sandwich & String Cheese**
Power Salad
Corn
Apple Slices
Fruit Cocktail
Brownie

PROFESSIONAL DAY





Café 233



September 2017 Breakfast & Lunch Menu



Do you have a question for Café 233? Visit our website at www.olatheschools.com/cafe233. The USDA is an equal opportunity provider and employer.

Add more vegetables to your day!

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

- 1. Discover fast ways to cook** Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.
- 2. Be ahead of the game** Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.

- 3. Choose vegetables rich in color** Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.
- 4. Check the freezer aisle** Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.
- 5. Stock up on veggies** Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

For more tips check out <http://www.choosemyplate.gov/10-tips-nutrition-education-series>



Do you have a food allergy? Wondering which items have pork in them?
Do you need to know how many carbohydrates are in a food item?

Check out our website for ingredient labels and nutrition facts: www.olatheschools.com/cafe233



Dear Café 233:

How do we know if we can receive Free/Reduced price breakfasts and lunches?

Students can get free or reduced priced breakfasts and lunches if the household income is within the limits on the Federal Income Guidelines. Students in households getting Food Stamps, TAF or FDPIR and foster children,

can get free meals regardless of income.

Can we submit an application online?

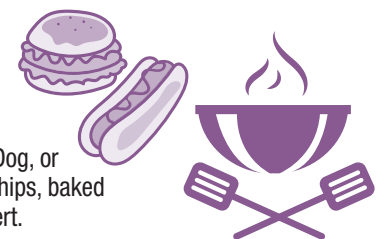
You can submit your Free & Reduced Price Meal Application online! Visit our website and click on the 'Free & Reduced Meals' tab. Paper copies are also available at all schools and the Food Production Center.

Café 233 September Grill Days!

Mahaffie	Friday	September 1, 2017	Sunnyside	Wednesday	September 20, 2017
Meadow Lane	Tuesday	September 5, 2017	Northview	Thursday	September 21, 2017
Arbor Creek	Wednesday	September 6, 2017	Briarwood	Friday	September 22, 2017
Green Springs	Thursday	September 7, 2017	Tomahawk	Monday	September 25, 2017
Clearwater Creek	Friday	September 8, 2017	Regency Place	Tuesday	September 26, 2017
Pleasant Ridge	Monday	September 11, 2017	Washington	Wednesday	September 27, 2017
Prairie Center	Tuesday	September 12, 2017	Brougham	Thursday	September 28, 2017
Scarborough	Wednesday	September 13, 2017			
Walnut Grove	Thursday	September 14, 2017			
Cedar Creek	Friday	September 15, 2017			
Indian Creek	Monday	September 18, 2017			

Grill Day options: A. Grilled Hamburger, B. Grilled Hot Dog, or Y. Yogurt & Mini Pancakes. Also includes cheddar Sun Chips, baked beans, baby carrots, watermelon* and frozen fruit dessert.

*Fruit may be substituted depending on seasonal availability



Café 233 Job Openings

Work a few hours a day in one of our school kitchens! Earn some money while your student is at school. Check out our current openings at www.olatheschools.org, go to Job Opportunities look under Current Openings and then Food Services.