

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



Welcome
Back to
School



Monday

Tuesday

Wednesday

Thursday

Friday

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 of 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.

August 15 - A

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

B

BACK TO
SCHOOL

L

**BREAKFAST
ONLY
TODAY!**

August 16 - B

- A. Cini Minis
- B. Cocoa Puff Bar & Yogurt
- Clementine
- Milk
- Juice

B

- A. Chicken Nuggets & Roll
- B. Wow Butter Sandwich & String Cheese
- Baby Carrots
- Baked Beans
- Fruit Cocktail
- Wild Cherry Frozen Fruit Cup

L

August 17 - C

- A. Sausage Breakfast Pizza
- B. Lucky Charms Pouch & String Cheese
- Craisins - Cherry
- Milk, Juice

B

- A. Cheese Pizza
- Y. Yogurt & Cracker Crisps
- Romaine Salad
- Corn
- Pears
- Grapes

L

August 20 - D

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

B

- A. Beef & Cheese Quesadilla
- B. Breaded Chicken Sandwich
- Y. Yogurt & Mini Pancakes
- Romaine & Spinach Salad
- Sunshine Blend Carrots
- Mandarin Oranges
- Chocolate Pudding

L

August 21 - E

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

B

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

L

August 22 - A

- A. Egg & Cheese Slider
- B. Fruit Loops Pouch & String Cheese
- Apple Slices
- Milk, Juice

B

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

L

August 23 - B

- A. Mini Pancakes
- B. Cinnamon Toast Crunch Bar & Yogurt
- Banana
- Milk, Juice

B

- A. Stuffed Crust Pepperoni Pizza
- B. Taco Salad
- Y. Wow Butter Sandwich & String Cheese
- Shredded Lettuce,
- Diced Tomatoes
- Taco Fiesta Black Beans
- Strawberries & Bananas
- Orange Wedges

L

August 24 - C

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

B

- A. Cheeseburger on Bun
- B. Fish Sticks & Roll
- Y. Yogurt & Cracker Crisps
- Romaine & Spinach Salad
- California Veggies
- Apple Slices
- Chocolate Chip Cookie

L

August 27 - D

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

B

LUCKY TRAY DAY!

- A. Chicken Nuggets & Roll
- Y. Yogurt & Mini Pancakes
- Romaine & Spinach Salad
- Pinto Beans
- Mashed Potatoes & Gravy
- Fresh Broccoli
- Pineapple

L

August 28 - E

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

B

- A. Country Breaded Steak Sandwich
- B. Cheese Bosco w/ Marinara
- Y. Wow Butter Sandwich & String Cheese
- Grape Tomatoes
- Power Salad
- Strawberries & Peaches
- Brownie

L

August 29 - A

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

B

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

L

August 30 - B

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

B

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

L

August 31 - C

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

B

- A. Cheese Pizza
- B. Mozzarella Cheese Sticks & Marinara
- Y. Yogurt & Cracker Crisps
- Peas & Carrots
- Fresh Red Peppers
- Mandarin Oranges
- Grapes
- Lemon Berry Fruit Swirl

L

August Grill Day!

Celebrate School Lunch

- A. Grilled Hamburger
- B. Grilled Hot Dog
- Y. Yogurt & Mini Pancakes
- Romaine/Onion/Tomato/Pickles
- Cheddar Sun Chips
- Baked Beans
- Baby Carrots
- Watermelon*
- Frozen Fruit Swirl

1st Full Day
Bentwood
Central
Fairview
Havencroft
Ravenwood
Black Bob
Ridgeview
Heritage
Heatherstone
Mahaffie
Westview

Thursday
Friday
Monday
Tuesday
Wednesday
Thursday
Friday
Monday
Tuesday
Wednesday
Thursday
Friday

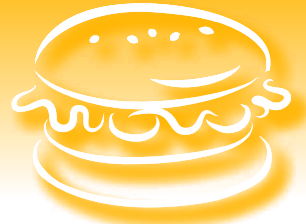
August 16, 2018
August 17, 2018
August 20, 2018
August 21, 2018
August 22, 2018
August 23, 2018
August 24, 2018
August 27, 2018
August 28, 2018
August 29, 2018
August 30, 2018
August 31, 2018



*Fruit may be substituted depending on seasonal availability



August 2018



Breakfast & Lunch



Café 233



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

Café 233

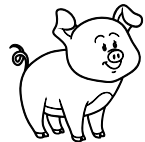
Online Payment System!

My Payments Plus

Olathe Public Schools has partnered with My Payments Plus to offer a more efficient way of managing online fees.

Benefits

- Access the system 24/7 via the Internet and by phone
- Make payments via credit cards, debit cards, or e-checks
- Receive low balance email reminders
- Auto-pay means never having to think of putting money on your students account again
- Pay with check, VISA, or MasterCard.
- Pay for meals and other fees and activities such as uniforms, field trips, yearbooks and more.



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.org/cafe233

- Receive confirmation of payments via email
- Make split payments for multiple students in one or more district schools
- View or monitor purchases made in the school cafes
- Receive Live Chat or toll-free support from knowledgeable, friendly and courteous staff

Sign up today!

- Visit www.mypaymentsplus.com
- Follow the on-screen instructions to create an account
- Add your students using their Student ID number



Trying new foods is important for lots of reasons.

- Different foods have different nutrients. We need these different nutrients to keep us healthy and strong.
- Your taste buds are always changing. This means that something you tried last month might actually taste better this month.
- Trying new foods is adventurous and gives you courage to face new experiences.

Families can help by -

- Offering new foods at the beginning of a meal, when everyone is hungry. Always offer something new with at least one food your family already likes.
- Never forcing a child to eat. As they become more familiar with a food, they may decide to taste it.

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.

Café 233



Please visit
www.olatheschools.org/cafe233
and click on **Catering and Classroom Treats** for details!