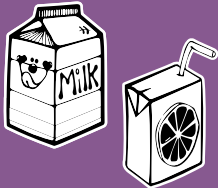


## Café 233 Milk/Juice Choices

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!



# EAT RIGHT. BE BRIGHT.



### Monday

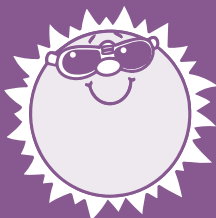
### Tuesday

### Wednesday

### Thursday

### Friday

No School Today



#### September 4 - C

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

B

- A. Chicken Strips & Roll
- B. Breaded Chicken Sandwich**
- Y. Wow Butter Sandwich & String Cheese**  
Romaine & Spinach Salad  
Grape Tomatoes  
Peaches  
Rosy Applesauce

L

#### September 5 - D

- A. Pancake Sausage Stick
- B. Golden Graham Pouch & String Cheese**  
Berry Applesauce Cup  
Milk, Juice

B

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

L

#### September 6 - E

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

B

- 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

L

#### September 7 - A

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

B

- A. Cheeseburger w/ Bun
- B. Cheese Ravioli w/ Roll**
- Y. Yogurt & Cracker Crisps**  
Salad Mix  
Fries  
Baked Beans  
Fruit Cocktail

L

#### September 10 - B

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

B

- A. Chicken Tender Bites & Roll
- B. Cheese Bosco w/Marinara**
- Y. Yogurt & Mini Pancakes**  
Romaine Salad  
Corn  
Applesauce  
Tropical Fruit

L

#### September 11 - C

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

B

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

L

#### September 12 - D

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

B

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

L

#### September 13 - E

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

B

- A. Chicken Nuggets & Roll
- B. Beef Soft Tacos**
- Y. Wow Butter Sandwich & String Cheese**  
Shredded Lettuce  
Diced Tomatoes  
Taco Fiesta Black Beans  
Fruit Cocktail  
Wild Cherry Frozen Fruit Cup

L

#### September 14 - A

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

B

- A. Cheese Pizza
- B. Nacho Bites**
- Y. Yogurt & Cracker Crisps**  
Romaine & Spinach Salad  
Broccoli & Cheese  
Fresh Red Pepper Slices  
Grapes

L

#### September 17 - B

- 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

#### September 18 - C

- 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

#### September 19 - D

- A. Egg & Cheese Slider
- B. Apple Jacks 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

#### September 20 - E

- 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

#### September 21 - A

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

B

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

L

#### September 24 - B

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

B

#### LUCKY TRAY DAY!

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

L

#### September 25 - C

- 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

#### September 26 - D

- 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

#### September 27 - E

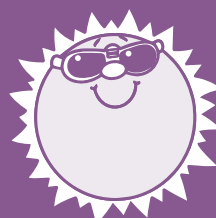
- A. Cheese Stuffed Pretzel
- B. Trix Bar & Yogurt**  
Clementine  
Milk  
Juice

B

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

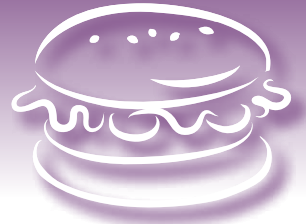
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PROFESSIONAL DAY

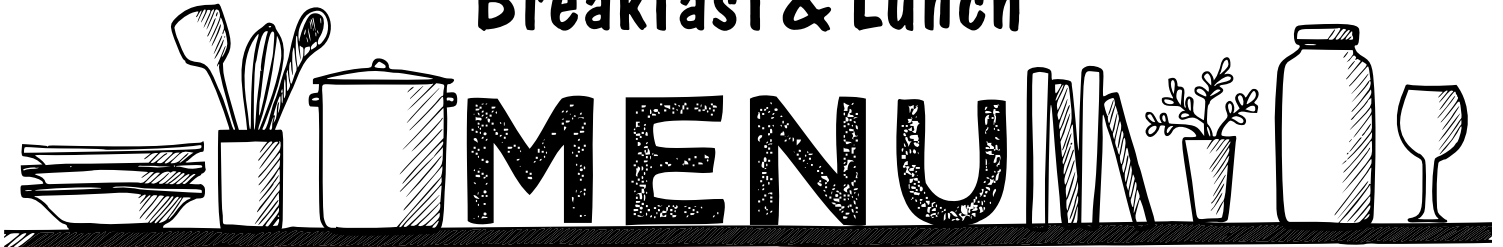




# September 2018



## Breakfast & Lunch



# Café 233

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



Café 233

### 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.org/cafe233](http://www.olatheschools.org/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!

Meadow Lane	Tuesday	Sept. 4, 2018	Sunnyside	Wednesday	Sept. 19, 2018
Arbor Creek	Wednesday	Sept. 5, 2018	Northview	Thursday	Sept. 20, 2018
Green Springs	Thursday	Sept. 6, 2018	Briarwood	Friday	Sept. 21, 2018
Clearwater Creek	Friday	Sept. 7, 2018	Tomahawk	Monday	Sept. 24, 2018
Pleasant Ridge	Monday	Sept. 10, 2018	Regency Place	Tuesday	Sept. 25, 2018
Prairie Center	Tuesday	Sept. 11, 2018	Washington	Wednesday	Sept. 26, 2018
Scarborough	Wednesday	Sept. 12, 2018	Brougham	Thursday	Sept. 27, 2018
Walnut Grove	Thursday	Sept. 13, 2018			
Cedar Creek	Friday	Sept. 14, 2018			
Indian Creek	Monday	Sept. 17, 2018			

**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

Change the employment blurb to Check out our current openings at [CafeJobs.OlatheSchools.com](http://CafeJobs.OlatheSchools.com), and click on the 'Employment Application' link.

