

Going Green! Café 233 Milk/Juice Choices

You can view each monthly menu online! <http://teachers.olatheschools.com/fpc/menus/>

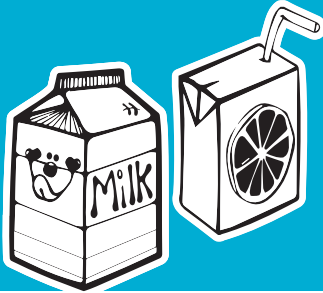
Scan with your mobile device and view menus on the go!



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

Daily Milk Choices:
1% White,
1% Chocolate

Daily 100% Juice Choices:
Apple, Orange



Monday

Tuesday

Wednesday

Thursday

Friday

December 3 - D

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

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

December 4 - E

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

- A. Stuffed Crust Pepperoni Pizza
- B. Hot Dog w/Bun**
- Y. Wow Butter Sandwich & String Cheese**
Fresh Baby Carrots
Creamy Broccoli Salad
Strawberries/Peaches

December 5 - A

- 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
Pears
Pineapple

December 6 - B

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

- 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

December 7 - C

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

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

December 10 - D

- A. Egg & Cheese Slider
- B. Muffin**
Applesauce Cup - Plain
Milk
Juice

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

December 11 - E

- A. Mini Pancakes
- B. Oatmeal Cinnamon Bun**
Diced Pears Cup
Milk
Juice

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

December 12 - A

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

- Holiday Meal**
(see schedule below)
- A. Popcorn Chicken & Roll
 - Y. Yogurt & Mini Pancakes**
Romaine Salad
Corn
Apple Slices
Fruit Cocktail

December 13 - B

- A. Cereal & Yogurt
- B. Cinnamon Toast Crunch Bar & Yogurt**
Banana
Milk, Juice

- Holiday Meal**
(see schedule below)
- A. Popcorn Chicken & Roll
 - Y. Yogurt & Muffin**
Romaine Salad
Corn
Apple Slices
Fruit Cocktail

December 14 - C

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

- A. Cheeseburger w/Bun
- B. Fish Sticks & Roll**
- Y. Yogurt & Cracker Crisps**
Romaine & Spinach Salad
Baked Beans
Pears

December 17 - D

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

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

December 18 - E

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

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

December 19 - A

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

- A. Cheese Pizza
- Y. Yogurt & Muffin**
Green Beans
Baby Carrots
Pears
Applesauce



Inclement Weather

When school is canceled due to inclement weather, please check the Café 233 website for menu changes: www.olatheschools.org/cafe233



Holiday Meal Lunch Schedule

- A. Turkey & Dinner Roll
- Y. Yogurt & Mini Pancakes**
Au Gratin Potatoes
Romaine Salad
California Veggies
Peaches
Red Velvet Cake

December 12

- Cedar Creek
- Clearwater Creek
- Fairview
- Forest View
- Havencroft
- Heatherstone
- Heritage
- Madison Place
- Meadow Lane
- Manchester Park
- Millbrooke
- Prairie Center
- Rolling Ridge
- Ravenwood
- Scarborough
- Walnut Grove

December 13

- Arbor Creek
- Bentwood
- Black Bob
- Briarwood
- Brougham
- Central
- Countryside
- Green Springs
- Indian Creek
- Mahaffie
- Northview
- Pleasant Ridge
- Regency Place
- Ridgeview
- Sunnyside
- Tomahawk
- Washington
- Westview
- Woodland

We Wish You a Healthy Holidays!



Café 233 Job Openings

Work a few hours each day in one of our school kitchens! Earn some money while your student is at school. Check out our current job openings at www.olatheschools.org, go to *Job Opportunities* and look under *Current Openings* and then *Food Services*. *No Evenings, Weekends, or Holidays.*





December 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

Fun Activities for Kids to Beat the Winter Break Blues

Get Out of the House: Play outdoors or build snowman in the snow, go to the movies, library, or visit a museum. Find places to take kids to make winter break more interesting.

Arts and Crafts: Keep a variety of materials on hand. Let your child make homemade gifts, ornaments, or design thank you cards for holiday gifts or allow your child to be the leader and see what types of things are created with their imagination.



Bake: Kids enjoy mixing and measuring, but most of all tasting the treats at the end. Scale baking projects to your kids' age and ability or simplify baking projects so that the more experienced kid bakers can take the lead.

Family Fun Nights: Let your child pick a theme and plan accordingly. Schedule a pajama party, movie night, scavenger hunt, or have an indoor camp out. Try a new winter or indoor sport together as a family.



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.
<http://www.olatheschools.org/cafe233>



The Benefits of Breakfast!

Breakfast keeps kids focused and energized at school — plus it's a great timesaver for busy mornings!

The new nutrition standards for school breakfast help your child get a healthy start to his or her day.

School breakfast includes:

- Fruit every day
- Whole grain cereals and waffles
- Fat-free or low-fat milk
- Limited calories, fats, and sodium



Check out some of the benefits of choosing school breakfast:

- **Higher Academic Scores** Students who eat breakfast have better attention and memory and score 17.5% higher on standardized math tests.
- **Improved Behavior** Hungry children are more likely to have discipline problems. Teens who eat regularly are less likely to be suspended from school.
- **Reduced Tardiness and Absences** Students who eat school breakfast attend, on average, 1.5 more days of school per year.
- **Convenience and Value for Parents** School breakfast is ideal for busy families trying to get out the door quickly in the mornings. And at \$1.30 per meal, it's a great value too.

Café 233 Breakfast Programs

Traditional Breakfast: Mahaffie, Walnut Grove

Grab-n-Go: Arbor Creek, Bentwood, Black Bob, Briarwood, Brougham, Clearwater Creek, Forest View, Green Springs, Heaterstone, Heritage, Mahaffie, Millbrooke, Pleasant Ridge, Prairie Center, Ravenwood, Scarborough, Walnut Grove, Woodland

Universal Schools: Central, Fairview, Ridgeview, Washington, Westview

Breakfast in the Classroom: Havencroft, Tomahawk, Indian Creek, Countryside, Northview, Rolling Ridge

Café 233



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