

Monday

Tuesday

Wednesday

Thursday

Friday

No School Today



September 3 - C

B

- A. Cereal & Yogurt
- B. IW Apple Jammer**
Diced Pear Cup
Milk
Juice

L

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

September 4 - D

B

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

L

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

September 5 - E

B

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

L

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

September 6 - A

B

- A. Breakfast Bites
- B. Froot Loops Pouch & Yogurt**
Grape Raisels
Milk
Juice

L

- A. Cheeseburger w/ Bun
- B. Fiesta Burrito**
- Y. Ranch Cheese Bites & Cracker Crisps**
Salad Mix
Fries
Baked Beans
Bananas

September 9 - B

B

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

L

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

September 10 - C

B

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

L

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

September 11 - D

B

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

L

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

September 12 - E

B

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

L

- 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

September 13 - A

B

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

L

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

September 16 - B

B

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

L

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

September 17 - C

B

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

L

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

September 18 - D

B

- A. Cinnamon Toast Crunch Pastry
- B. Apple Jacks Pouch & String Cheese**
Apple Slices
Milk, Juice

L

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

September 19 - E

B

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

L

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

September 20 - A

B

- A. Dutch Waffle
- B. Golden Graham Pouch & Yogurt**
Tropical Raisels
Milk, Juice

L

- A. Cheeseburger on Bun
- B. Fish Sticks & Roll**
- Y. Ranch Cheese Bites & Cracker Crisps**
Romaine & Spinach Salad
California Veggies
Apple Slices
Carnival Cookie

September 23 - B

B

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

L

LUCKY TRAY DAY!

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

September 24 - C

B

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

L

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

September 25 - D

B

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

L

- A. Cinnamon Twist & Sausage Links
- B. Mini Corn Dogs**
- Y. Yogurt & Muffin**
Green Beans
Grape Tomatoes
Pears
Applesauce

September 26 - E

B

- A. Cinni Minis
- B. Trix Bar & Yogurt**
Banana
Milk
Juice

L

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

PROFESSIONAL DAY



September 30 - A

B

- A. Cereal & String Cheese
- B. Dark Chocolate Chip Muffin**
Cinnamon Applesauce Cup
Milk
Juice

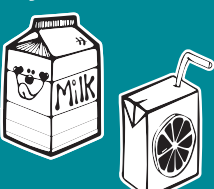
L

- A. Mac & Cheese w/ Roll
- B. Southern Drumstick & Roll**
- Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Green Beans
Fresh Broccoli
Pears
Chocolate Chip Cookie


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
Daily 100% Juice Choices: Apple, Orange



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



EAT RIGHT. BE BRIGHT.





September 2019



Breakfast & Lunch

MENU



Café 233

OLATHE PUBLIC SCHOOLS FOOD SERVICES

Do you have a question for Cafe 233?

Visit our website at

www.olatheschools.org/cafe233.

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



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. 3, 2019	Sunnyside	Tuesday	Sept. 17, 2019
Arbor Creek	Wednesday	Sept. 4, 2019	Northview	Wednesday	Sept. 18, 2019
Green Springs	Thursday	Sept. 5, 2019	Briarwood	Thursday	Sept. 19, 2019
Clearwater Creek	Friday	Sept. 6, 2019	Tomahawk	Friday	Sept. 20, 2019
Pleasant Ridge	Monday	Sept. 9, 2019	Regency Place	Monday	Sept. 23, 2019
Prairie Center	Tuesday	Sept. 10, 2019	Washington	Tuesday	Sept. 24, 2019
Scarborough	Wednesday	Sept. 11, 2019	Brougham	Wednesday	Sept. 25, 2019
Walnut Grove	Thursday	Sept. 12, 2019	School	Thursday	Sept. 26, 2019
Cedar Creek	Friday	Sept. 13, 2019	School	Monday	Sept. 30, 2019
Indian Creek	Monday	Sept. 16, 2019			

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

Check out our current openings at CafeJobs.OlatheSchools.com, and click on the 'Employment Application' link.

