



Elementary Breakfast Menu



April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid green; padding: 5px; width: fit-content;"> <p>Daily Cereal Offerings Cocoa Puffs Cinnamon Toast Crunch Apple Jacks Frosted Flakes</p> </div>		1- Blueberry & Granola Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	2- French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	3- NO SCHOOL
6- Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	7- Sausage & Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	8- Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	9- Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	10- Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
13- Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	14- Egg, Sausage & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	15- Pineapple & Vanilla Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	16- Oatmeal w/Toppings Bar Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	17- Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
20- Sausage & Cheese Bagel Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	21- Maple Mini Waffles Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	22- Chicken Biscuit Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	23- Scrambled Eggs & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	24- Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
27- Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	28- Egg, Ham, Potato & Cheese Bowl Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	29- Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	30- Mandarin Orange Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Elementary Menu Meal Prices

Paid Lunch \$2.25	Paid Breakfast \$1.10	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.



Elementary Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!

April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid green; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p>Daily Offerings</p> <p>Reduced Fat Milk Variety</p> </div>		1- Mini Corn Dogs Turkey & Noodles Southwest Chicken Salad Baked Beans Fresh Fruit & Veggie Bar Variety of Milk	2- Hot Dog Hamburger Cheesy Nachos Crispy Tater Tots Fresh Fruit & Veggie Bar Variety of Milk Celebrate Baseball's Opening Weekend!!	3- NO SCHOOL
6- Salisbury Steak Breaded Chicken Sandwich Crispy Chicken Ranch Wrap Mashed Potatoes Fresh Fruit & Veggie Bar Variety of Milk	7- Orange Chicken Baked Penne Chicken Taco Salad Fresh Broccoli Fresh Fruit & Veggie Bar Variety of Milk	8- Hamburger Chicken Fajita Tacos Caribbean Chicken Salad Refried Beans Fresh Fruit & Veggie Bar Variety of Milk	9- Breakfast for Lunch Grilled Ham & Cheese Herb Grilled Chicken Salad Hash Brown Sticks Fresh Fruit & Veggie Bar Variety of Milk	10- Cheese Pizza BBQ Glazed Chicken Turkey & Cheese Sandwich Green Beans Fresh Fruit & Veggie Bar Variety of Milk
13- Macaroni & Cheese Sweet & Sour Chicken Italian Salad Green Peas Fresh Fruit & Veggie Bar Variety of Milk	14- Tater Tot Casserole Sloppy Joe Sandwich Chef Salad Corn Fresh Fruit & Veggie Bar Variety of Milk	15- Chicken Tenders Crispy Beef Tacos Deli Stacker Sandwich Refried Beans Fresh Fruit & Veggie Bar Variety of Milk	16- Mini Corn Dogs BBQ Beef Dipper Sliders Ham & Cheese Sandwich Potato Wedges Fresh Fruit & Veggie Bar Variety of Milk	17- Pepperoni Pizza Grilled Cheese Sandwich Chicken Salad Wrap Fresh Broccoli Fresh Fruit & Veggie Bar Variety of Milk
20- Chicken Nuggets Bean & Cheese Burrito Chicken Garden Salad Carrots Fresh Fruit & Veggie Bar Variety of Milk	21- Cheeseburger Meatball Sub Sun Butter & Jelly Sandwich Fresh Broccoli Fresh Fruit & Veggie Bar Variety of Milk	22- Chili Dog Beef Nachos Chicken Caesar Salad Refried Beans Fresh Fruit & Veggie Bar Variety of Milk	23- Breakfast for Lunch Beefy Baked Rotini Turkey & Cheese Croissant Hash Brown Sticks Fresh Fruit & Veggie Bar Variety of Milk	24- Cheese Pizza Oven Roasted Chicken Southwest Chicken Salad Green Peas Fresh Fruit & Veggie Bar Variety of Milk
27- Beef Fingers Grilled Chicken Patty Sandwich Crispy Chicken Ranch Wrap Mashed Potatoes Fresh Fruit & Veggie Bar Variety of Milk	28- Orange Chicken Chicken Pot Pie Chicken Taco Salad Carrots Fresh Fruit & Veggie Bar Variety of Milk	29- Beef Ravioli Macaroni & Cheese Caribbean Chicken Salad Fresh Broccoli Fresh Fruit & Veggie Bar Variety of Milk	30- Mini Corn Dogs Beef Lasagna Turkey & Cheese Sandwich Baked Beans Fresh Fruit & Veggie Bar Variety of Milk	

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Elementary Menu Meal Prices

Paid Lunch \$2.25	Paid Breakfast \$1.10	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.



Middle School Breakfast Menu



April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid green; padding: 5px;"> <p>Daily Cereal Offerings Cocoa Puffs Cinnamon Toast Crunch Apple Jacks Frosted Flakes</p> </div>		1- Blueberry & Granola Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	2- French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	3- NO SCHOOL
6- Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	7- Sausage & Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	8- Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	9- Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	10- Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
13- Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	14- Egg, Sausage & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	15- Pineapple & Vanilla Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	16- Oatmeal w/Toppings Bar Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	17- Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
20- Sausage & Cheese Bagel Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	21- Maple Mini Waffles Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	22- Chicken Biscuit Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	23- Scrambled Eggs & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	24- Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
27- Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	28- Egg, Ham, Potato & Cheese Bowl Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	29- Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	30- Mandarin Orange Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Middle School Menu Meal Prices

Paid Lunch \$2.50	Paid Breakfast \$1.40	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.



Middle School Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Offerings Nachos Hot Dogs Spicy Chicken Sandwich Hamburger Popcorn Chicken	Celebrate Baseball's Opening Weekend!! Join us Thursday, April 2nd for Cheese Nachos, Hot Dogs & Hamburgers!! Perfect Baseball Food!!	1- Pulled Pork Sandwich Grilled Chicken Patty Sandwich Ham & Cheese Pizza Teriyaki Chicken Salad Green Peas Fresh Fruit & Vegetable Bar Variety of Milk	2- Oven Roasted Chicken BBQ Beef Dipper Sliders Beef Taco Pizza Herb Grilled Chicken Salad Corn Fresh Fruit & Vegetable Bar Variety of Milk	3- NO SCHOOL
6- Beef & Bean Burrito Shepard's Pie Chicken Alfredo Pizza Chicken Garden Salad Peas & Carrots Fresh Fruit & Vegetable Bar Variety of Milk	7- BBQ Glazed Chicken Beef LoMein Hawaiian Pizza Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	8- Beef Fingers Fajita Chicken Sandwich Meatlovers Pizza Chicken Caesar Salad Mashed Potatoes Fresh Fruit & Vegetable Bar Variety of Milk	9- Baja Fish Corn Tacos Turkey & Noodles Spicy Chicken Pizza 5 Way Mixed Veggies Fresh Fruit & Vegetable Bar Variety of Milk	10- Chicken Fried Rice Grilled Cheese Sandwich Florentine Pizza Beef Taco Salad Refried Beans Fresh Fruit & Vegetable Bar Variety of Milk
13- Open Faced Turkey Sandwich Crispy Beef Tacos Pepperoni & Mushroom Pizza Buffalo Chicken Salad Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	14- Chili Dog Macaroni & Cheese Ham & Cheese Pizza Carrots Fresh Fruit & Vegetable Bar Variety of Milk	15- Sloppy Joe Sandwich Fish Nuggets Beef Taco Salad Thai Chicken Salad Green Peas Fresh Fruit & Vegetable Bar Variety of Milk	16- Mini Corn Dogs Turkey Tinga Tacos BBQ Chicken Pizza Black Beans Fresh Fruit & Vegetable Bar Variety of Milk	17- Vegetable Lasagna Sweet & Sour Chicken Chicken Alfredo Pizza Mandarin Chicken Salad Corn Fresh Fruit & Vegetable Bar Variety of Milk
20- Carne Guisada Corn Tacos Chicken Pot Pie Hawaiian Pizza Mediteranean Chicken Salad Peas & Carrots Fresh Fruit & Vegetable Bar Variety of Milk	21- Grilled Ham & Cheese Red Thai Beef Stir Fry Meatlovers Pizza Corn Fresh Fruit & Vegetable Bar Variety of Milk	22- Pulled Pork Sandwich Rotisserie Chicken Spicy Chicken Pizza Caribbean Chicken Salad Baked Beans Fresh Fruit & Vegetable Bar Variety of Milk	23- Breakfast for Lunch Chorizo Pork Corn Tacos Florentine Pizza Hash Brown Sticks Fresh Fruit & Vegetable Bar Variety of Milk	24- Chicken Teriyaki Chicken Snowbowl Pepperoni & Mushroom BBQ Chicken Salad Green Beans Fresh Fruit & Vegetable Bar Variety of Milk
27- Fajita Chicken Tacos Beef Stroganoff Ham & Cheese Pizza Italian Chicken Salad Refried Beans Fresh Fruit & Vegetable Bar Variety of Milk	28- Pepper Steak Pineapple Chile Chicken Stir Fry Beef Taco Pizza Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	29- Homemade Meatloaf Fajita Chicken Sandwich Buffalo Chicken Pizza Teriyaki Chicken Salad Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	30- Beef Fingers Crispy Beef Tacos Chicken Alfredo Pizza Mashed Potatoes Fresh Fruit & Vegetable Bar Variety of Milk	

April 2015

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

Middle School Menu Meal Prices

Paid Lunch \$2.50	Paid Breakfast \$1.40	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.



High School Breakfast Menu



April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid green; padding: 5px; text-align: center;"> Daily Cereal Offerings Cocoa Puffs Cinnamon Toast Crunch Apple Jacks Frosted Flakes </div>		1- Blueberry & Granola Yogurt Parfait Biscuit & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	2- Egg, Ham & Cheese Burrito Egg, Sausage & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	3- NO SCHOOL
6- Breakfast Pizza Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	7- Pancakes Sausage & Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	8- Breakfast Casserole Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	9- Egg & Cheese Burrito Egg, Sausage & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	10- Breakfast on a Stick Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
13- Jumbo Waffles Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	14- Egg, Ham, Cheese & Potato Bowl Sausage & Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	15- Pineapple & Vanilla Yogurt Parfait Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	16- Egg, Ham & Cheese Burrito Egg, Sausage & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	17- Cinnamon Roll Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
20- Sausage & Cheese Bagel Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	21- Maple Mini Waffles Sausage & Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	22- Scrambled Eggs & Sausage Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	23- Egg & Cheese Burrito Egg, Sausage & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	24- Breakfast on a Stick Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk
27- Breakfast Pizza Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	28- Breakfast Country Bowl Sausage & Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	29- Chicken Biscuit Sandwich Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	30- Egg, Ham & Cheese Burrito Egg, Sausage & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal Variety of Milk	

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

High School Menu Meal Prices

Paid Lunch \$2.55	Paid Breakfast \$1.50	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.



High School Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Offerings Nachos Tacos Spicy Chicken Sandwich Cheeseburger Popcorn Chicken	Celebrate Baseball's Opening Weekend!! Join us Thursday, April 2nd for Cheese Nachos, Hot Dogs & Cheeseburgers!! Perfect Baseball Food!!	1- Chicken Cacciatore Grilled Chicken Patty Sandwich Ham & Cheese Pizza Chicken Salad Wrap Green Peas Variety of Milk	2- Breakfast for Lunch Beef Enchiladas Pepperoni & Mushroom Pizza Herb Grilled Chicken Salad Hash Brown Sticks Variety of Milk	3- NO SCHOOL

Try Our Bistro Bowls Concept

6- BBQ Chicken Pizza Chicken Garden Salad Green Beans Variety of Milk	7- Sausage Pizza Chicken Caesar Salad Broccoli Variety of Milk	8- Ham & Cheese Pizza Beef Taco Salad 5 Way Mixed Veggies Variety of Milk	9- Pepperoni & Mushroom Pizza Buffalo Chicken Salad Corn Variety of Milk	10- Meatlovers Pizza Thai Chicken Salad Peas & Carrots Variety of Milk
13- Chicken Burrito Bowl Open Faced Turkey Sandwich Hawaiian Pizza Mandarin Chicken Salad Green Beans Variety of Milk	Smokehouse 14- Sausage Pizza Mediterrean Chicken Salad Carrots Variety of Milk	15- Vegetable Lasagna Chili Dog Florentine Pizza Caribbean Chicken Salad Baked Beans Variety of Milk	Smokehouse 16- Pepperoni & Mushroom Pizza BBQ Chicken Salad Green Peas Variety of Milk	17- Beef & Bean Tamale Pie Pineapple Chile Chicken Stir Fry Meatlovers Pizza Fajita Chicken Wrap Corn Variety of Milk
20- Patty Melt Chicken Pot Pie Buffalo Chicken Pizza Crispy Chicken Ranch Wrap Peas & Carrots Variety of Milk	21- Tater Tot Casserole Chicken Fried Rice Sausage Pizza Italian Salad Corn Variety of Milk	22- Beef Stir Fry Rotisserie Chicken Ham & Cheese Pizza Chicken Salad Wrap Baked Beans Variety of Milk	23- Breakfast for Lunch Grilled Cheese Sandwich Pepperoni & Mushroom Pizza Herb Grilled Chicken Salad Hash Brown Sticks Variety of Milk	24- Fish & Chips Orange Chicken Meatlovers Pizza Southwest Chicken Salad Green Beans Variety of Milk
Try Our Bistro Bowls Concept 27- Hawaiian Pizza Chicken Garden Salad 5 Way Mixed Veggie Variety of Milk	28- Sausage Pizza Chicken Caesar Salad Broccoli Variety of Milk	29- Florentine Pizza Beef Taco Salad Baked Beans Variety of Milk	30- Pepperoni & Mushroom Buffalo Chicken Salad Corn Variety of Milk	

Food Service Director: Emily Forté :: Email: Emily.Forte@sfellc.org :: Phone: (405) 265-1340

High School Menu Meal Prices

Paid Lunch \$2.55	Paid Breakfast \$1.50	
Reduced Lunch \$0.40	Reduced Breakfast \$0.30	
Staff/Adult Lunch \$3.25	Staff/Adult Breakfast \$1.75	Milk \$0.50

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.

April 2015