

# 2026-27 OPRF Food & Nutrition Services

Dear Parents and Guardians,

We offer a wide variety of daily breakfast and lunch options for students, with all choices available on every serving line in the cafeteria. A list of available options can be found on the back of this notice.

To qualify for free or reduced-price meals, a student's lunch must meet specific federal nutritional guidelines. It's important that your child understands what constitutes a complete combo meal. Please note that combo meals are available to all students every day.

With our expanded menu, we aim to provide students with more choices and reduce wait times in the cafeteria. This approach allows students to better customize their meals based on their preferences.

We encourage you to talk with your child about the benefits of participating in both the breakfast and lunch programs each day.

Sincerely,

Jennifer Porto, Director of Food & Nutrition Services



## How to Build a Combo Meal

Your **Lunch Combo Meal** can include all **5 components**: Meat/Meat Alternate (Protein), Grain, Fruit, Vegetable, and Milk.

⇒ It *must* include **one (1) Fruit or Vegetable** component



⇒ Add at least two (2) other components to have a **minimum of three (3) components on your plate**.

-An Entrée already includes 2 components (see reverse side for list of Entrées).



-OR choose 2 side components, such as a milk or another piece of fruit or vegetable.



Your **Breakfast Combo Meal** is built the same way as lunch, except it has a total of **4 components**:

Main Entrée (Meat/Meat Alt or Grain), Fruit, Vegetable, and Milk.

⇒ Include at least one (1) Fruit or Vegetable component

⇒ Add at least two (2) more components for a minimum total of three (3).

### An Easy Way to Order a Combo Meal

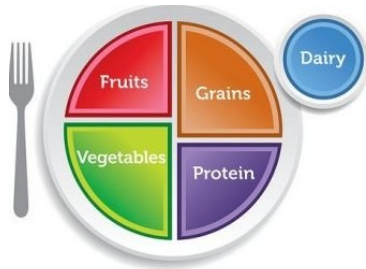
1. Scan your ID with the cashier.
2. Order an Entrée. (source of Meat/Meat Alternate & Grain)
3. Add a Fruit and/or a Vegetable.
4. Add a Milk, if you want.
5. Enjoy your meal!

# OPRF High School 2026-27 LUNCH MENU

## Combo Meals:

### Combo Meals Include 5 Components:

- Protein
- Grain
- Fruit
- Vegetable
- Milk



To order a Combo Meal, student needs to order at minimum three (3) components; one (1) of these **must be a fruit or vegetable.**

Entrees include the grain and protein components of combos.

## Fruits and Vegetables

*\*Based on seasonal availability\**

### FRUITS:

-Fresh Apples, Oranges, Pears, Seasonal Varieties

### VEGETABLES:

-Fresh Baby Carrots, Broccoli Florets, Celery Sticks, Seasonal Varieties

-Assorted Fries

## Milk

1% White Milk, Skim Strawberry and Chocolate Milk

(All milk is local, rBST-free and HFCS-free.)

## A note from the kitchen:

The OPRF KITCHEN proudly serves a wide variety of nutritious meals. We follow the robust USDA regulations for the National School Lunch Program. Some highlights include: All breads and pastas are made with at least 51% whole grain flour; entrees are low-sodium, all food is 100% trans-fat free; all ingredients are grown in America. We partner with Illinois Farm to School Network to serve local produce whenever available.

## Entrées (Proteins & Grains)

### GARDEN FRESH:

- Yogurt Parfaits
- Strawberry Banana or Blueberry Smoothies
- Bistro Box (Hummus, Peanut Butter & Egg, or Greek Yogurt)

### BUILD YOUR OWN:

- Panini or Wrap (turkey, ham, and veggie)
- Nachos (chicken, beef, veggie)
- Burrito Bowls (Turkey Barbacoa or Chicken)
- Salad

### GRILL:

- Spicy or Plain Chicken Sandwich
- Cheeseburger
- Bosco Sticks w/ Marinara Sauce
- Pizza (Cheese or Pepperoni)
- Mozzarella Sticks

### ROTATING WEEKLY SPECIALS

- BBQ Rib Sandwich
- Philly Cheesesteaks
- Hot Dogs or Corn Dogs
- Orange Chicken with Brown Rice
- Brunch for Lunch
- Macaroni & Cheese
- Hot Wings
- Whole Grain Pasta w/ Meat or Marinara Sauce
- Meatball Subs
- Grilled Cheese



Contact: [jporto@oprfs.org](mailto:jporto@oprfs.org) or 708-434-3142.

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