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How wonderful it is to be able to showcase our healthy and nutritious foods in the new Oliver Ames High School cafeteria setting. It was worth the two year wait.

We are pleased to offer you seven dining concepts for you to choose from each day.



**Homemade Cheese, Pepperoni and a Specialty Pizza, Calzones,
Flat Bread Pizza**

We have created our own blend of cheddar and mozzarella cheeses to go with a rich tomato sauce, fresh vegetables and crispy crust...hot out of the oven.

Add a garden salad, fruit and milk choice to your meal.

Student Meal- \$2.75 Reduced Meal \$.40 Premium Teacher Meal- \$3.00



Chicken Caesar Salad, Greek Salad, Chef Salad, Asian Chicken Salad

We custom make your salad. Each day we feature a specialty salad using the freshest vegetables. This meal comes with bread, fruit and milk choice.

Premium Student Meal- \$3.75 Reduced Meal \$.40 Premium Teacher Meal- \$4.00



**Chicken Stir-Fry Sub, Beef and Cheese Sub, Buffalo Chicken Sub,
Vegetable Stir- Fry Sub, Cheeseburger Sub, Grilled Sandwiches and More**

Our associate grills to order hot subs on the flat top grill.

You combo the sub with oven baked sweet potato fries or oven baked spicy fries plus a fruit and milk choice.

Premium Student Meal- \$3.75 Reduced Meal \$.40 Premium Teacher Meal- \$4.00



Are you are in a hurry? Grab a Cheeseburger in a Roll Combo or a Chicken Patty with Whole Wheat Breading in a Roll Combo both come with Oven Fries from the counter top grill slide.

Put you own lettuce, tomato and sauces on your sandwich. Add a fruit and milk choice to this meal. Student Meal- \$3.75 Reduced Meal \$.40 Premium Teacher Meal- \$3.00



“Play Bowls”!!! New this month, Crispy Chicken with Whipped Potatoes and Corn, or Beef Taco with Shredded Cheddar Cheese Over Steamed Rice, or Thanksgiving Turkey with Whipped Potato and Corn, or Asian Orange Chicken with Steamed Broccoli and Rice, or All Mixed Up Layered American Chop Suey.

Add a fresh garden salad, fruit and a milk choice to this delicious meal. Student meal- \$2.75 Reduced meal \$.40 Premium Teacher Meal- \$3.00



Hot and Cold, Juicy Roasted Turkey, Ham with Jalapeño Cheese, Thanksgiving Turkey, and Roast Beef, Buffalo Chicken Salad.

Each morning our chef cooks a roast or prepares fresh salads for sandwiches.

The meats are sliced to order for you at this station.

You add lettuce, tomatoes, cheeses and special sauces to your sandwich.

Homemade macaroni salad keeps it company along with a fruit and milk choice.

Student Meal- \$2.75 Reduced Meal \$.40 Premium Teacher Meal- \$3.00



For those who want to eat on the go, choose from a pre-packaged **Greek Salad, Garden Salad with Egg or Cheese or Garden Salad with Chicken.**

The salads come with pita bread, fruit and milk choice or grab from an assortment of pre-packaged sandwiches on specialty breads.

Add a fruit and milk choice.

Student Meal- \$2.75 Reduced Meal \$.40 Premium Teacher Meal- \$3.00



“Balanced Choices” meals meet precise nutritional guidelines when all featured menu items are selected. Look for the **Balanced Choices** snacks and beverages.



This symbol represents a menu item which contains whole grains

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