

**OPS LOWER CAMPUS HOT LUNCH MENU
FOR SEPTEMBER, 2025**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 9-1 | 9-2 | 9-3 | 9-4 | 9-5 |
| LABOR DAY HOLIDAY | CHICKEN STRIPS | HAMBURGER ON A BUN | BAKED CHICKEN LEG | CHEESE PIZZA |
| | FRENCH FRIES | BAKED POTATO | GREEN BEANS | CARROTS & CUCUMBER SLICES w/RANCH |
| | BUTTER BEANS | CHEESE, LETTUCE & TOMATO (optional) | ROLL | FRESH FRUIT |
| | FRESH FRUIT | FRESH FRUIT | APPLESAUCE | CHOCOLATE CHIP COOKIE |
| | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 9-8 | 9-9 | 9-10 | 9-11 | 9-12 |
| CHICKEN NUGGETS | CHEESE PIZZA ROLLS | HOT HAM & CHEESE SUB SANDWICH | WALKING TACO (TACO MEAT, CHEESE & DORITO'S IN A BAG) | CHEESE PIZZA |
| FRENCH FRIES | GARLIC TOAST | POTATO CHIPS | LETTUCE & SALSA (optional) | CARROTS & CUCUMBER SLICES w/RANCH |
| GREEN BEANS | SALAD w/ RANCH or HONEY MUSTARD | DILL PICKLE SPEAR | CORN | FRESH FRUIT |
| FRESH FRUIT | DICED PEACHES | FRESH FRUIT | FRUIT SNACK | CHOCOLATE CHIP COOKIE |
| MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 9-15 | 9-16 | 9-17 | 9-18 | 9-19 |
| CHICKEN STRIPS | HAMBURGER ON A BUN | BAKED PENNE PASTA WITH MEAT SAUCE & CHEESE | CHICKEN & CHEESE QUESADILLA | CHEESE PIZZA |
| FRENCH FRIES | BAKED POTATO | SALAD w/ RANCH or HONEY MUSTARD | BLACK BEANS | CARROTS & CUCUMBER SLICES w/RANCH |
| GREEN BEANS | CHEESE, LETTUCE & TOMATO (optional) | GARLIC TOAST | CORN | FRESH FRUIT |
| FRESH FRUIT | FRESH FRUIT | APPLESAUCE | MIXED FRUIT CUP | CHOCOLATE CHIP COOKIE |
| MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 9-22 | 9-23 | 9-24 | 9-25 | 9-26 |
| CHICKEN NUGGETS | CHEESE PIZZA ROLLS | HOT HAM & CHEESE SUB SANDWICH | BREADED CHICKEN SANDWICH | CHEESE PIZZA |
| FRENCH FRIES | GARLIC TOAST | POTATO CHIPS | MASHED POTATOES & GRAVY (optional) | CARROTS & CUCUMBER SLICES w/RANCH |
| BUTTER BEANS | SALAD w/ RANCH or HONEY MUSTARD | DILL PICKLE SPEAR | GREEN BEANS | FRESH FRUIT |
| FRESH FRUIT | MIXED FRUIT CUP | FRESH FRUIT | PINEAPPLE TIDBITS | CHOCOLATE CHIP COOKIE |
| MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER | MILK, APPLE JUICE, LEMONADE OR WATER |
| MONDAY | TUESDAY | | | |
| 9-29 | 9-30 | | | |
| CHICKEN NUGGETS | GRILLED CHEESE SANDWICH | | | |
| FRENCH FRIES | CREAMY TOMATO, SAUSAGE & CHEESE TORTELLINI SOUP | | | |
| CORN | FRESH BROCCOLI & CARROTS w/ RANCH | | | |
| FRESH FRUIT | MILK, APPLE JUICE, LEMONADE OR WATER | | | |

***MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

***MAKE CHECKS PAYABLE TO THE LUNCH ROOM - \$4.50 PER MEAL (INCLUDES 9% SALES TAX)

***BAG LUNCH AVAILABLE DAILY - \$4.50 (HAM, TURKEY, PBJ OR BOLOGNA) –INCLUDES SANDWICH, COOKIE, DRINK AND CHOICE OF CHIPS OR FRUIT

***CHEF SALAD OR GRILLED CHICKEN SALAD AVAILABLE DAILY - \$4.50 INCLUDES DRINK

(SALAD DRESSING CHOICES ARE RANCH, HONEY MUSTARD, ITALIAN, THOUSAND ISLAND, CAESAR AND FRENCH)

***GRAB & GO LUNCH AVAILABLE DAILY - \$4.50 INCLUDES YOGURT, CHEESE STICK, FRUIT, CARROTS w/ RANCH, CHEEZ-IT CRACKERS & DRINK

***LOADED BAKED POTATO AVAILABLE DAILY - \$4.50 INCLUDES DRINK AND FRUIT SNACK WITH ANY OR ALL OF THE FOLLOWING: BUTTER, SOUR CREAM, CHEDDAR CHEESE, BACO'S

*MILK CHOICES ARE 2% WHITE MILK OR 1% CHOCOLATE MILK