



## **OPRF AT YOUR SERVICE...**

**No Muss  
No Fuss  
Leave It To Us**

Looking for a way to celebrate your student's special occasion?

Birthday?  
Great Grades?  
Scholarship Winner?  
Competition Win?

Here's a proven winner!

A unique one-of-a-kind Celebration Lunch delivered to their favorite cafeteria table.



**PIZZA  
BEVERAGES  
DESSERT  
FAVORS**

We'll custom design a celebration just for you!

We welcome your comments and questions.

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click Food Services

# **MEALS ARE A SNAP**

# BREAKFAST & LUNCH

## **... AT YOUR SERVICE**



OAK PARK & RIVER FOREST HIGH SCHOOL  
FOOD & NUTRITION SERVICES  
2010-2011



## BREAKFAST

7:15 a.m. - 7:45 a.m.

Nutritionally balanced breakfast foods available in a great location for morning socializing and studying to get your students off to a great day.

## LUNCH

10:45 a.m. - 1:10 p.m.



SANDWICH & SALAD BAR  
Sandwiches Made to Order  
Salads Made to Order  
Online Ordering

MAIN EVENT  
"Hot Meal" Specialties  
Grilled Cheese  
"Top It Off" Bar of the Month  
Hamburger/Cheeseburger



OLE'  
Burrito  
Taco Salad  
Nachos  
Oriental Fare

CIAO DOWN  
Pasta/Choice of Sauce  
Thick or Thin Pizza  
Pizza Puff  
Cheese or Garlic Bread

HUSKIE GRILL  
Chicken Strips  
Fried/Grilled or Spicy Chicken  
Egg Roll

SECRET GARDEN  
Soup and Salad Bar  
Fruit Galore  
Yogurt

HUSKIE EXPRESS  
Local Pizza - Delivered Fresh (M,W,F)  
Subway (Tu/Th)  
Tony's Pizza (Tu/Th)

"O-ZONE"  
Muffins/Bagels  
Chips/Candy  
Ice Cream/Smoothies

## THE COMBO MEAL IS THE REAL DEAL!

**Student Breakfast Combo Price: \*\$1.75 - \$2.50**

**Student Lunch Combo Prices : \*\$2.50 - \$4.50**

\*Price is based on the selection of the Main Dish.

If you need help building your meal, ask the OPRF Food and Nutrition Service Staff, "Is this part of a Combo Meal?"

A combo meal is nutritionally balanced and consists of a main dish (protein), bread/grain, fruit, vegetable and 1/2 pint of milk! You build a combo meal by choosing any three, four, five or all six parts of a combo lunch.

## MAKE MEALS A SNAP!

**SNAP** - (School Nutrition Accountability Program) is a computerized cash register system, enabling parents and students to prepay for School Food Services.

### WHY SHOULD I OPEN A SNAP ACCOUNT?

- . **CONVENIENT** - Students won't have to remember to bring lunch money to school each morning - or worry about having enough money when they get to the cashier.
- . **QUICK** - IT'S QUICK! Once an account is activated, students just pick up their food, **run their ID card through the card reader** near the cashier and go! They can begin using their SNAP Account as soon as a deposit is made.
- . **SAFE** - IT'S SAFE! Once money is deposited in a SNAP Account, it can't be lost.

### HOW DO I OPEN MY SNAP ACCOUNT?

- . Go online to pay by credit card @ [www.oprfhs.org](http://www.oprfhs.org) and click on online payments
- . Complete the enclosed prepayment form.
- . Send it with a check, money order or cash.
- . Mail prepayment to:  
Oak Park & River Forest High School  
Food & Nutrition Services  
201 North Scoville  
Oak Park, Illinois 60302
- . You may also send a payment with your child who may turn it in at the Food & Nutrition Services Office in the North Cafeteria.
- . Prepayments also will be accepted during August registration.

### BUT I MAY QUALIFY FOR FEDERAL MEAL BENEFITS!

SNAP is for you, too! Once an application is approved, the students will use their ID to pay for their meals. No other special tickets are needed and only the computer knows the student's status.

Please fill out the enclosed Free & Reduced School Meals



\*\*\* SCHOOL MEALS — DO 'EM DAILY! \*\*\*