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Ravenna parents can manage
lunch money balance(s)
at the website. . .

www.lunchdeposit.com

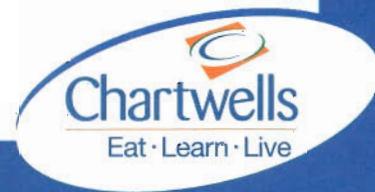
Never worry about lost lunch money again!

Ravenna Public Schools is pleased to offer our online lunch
deposit service through the Meal Magic Corporation.

Please follow the directions on www.lunchdeposit.com to get
started.



Planted in Promise. Growing in Pride.
Learn more at www.eatlearnlive.com



BEECHNAU 2007 BREAKFAST MENU

Monday

Breakfast Pizza (Cinnamon)

Tuesday

Pancake on a Stick

Wednesday

Breakfast Pizza (Cinnamon)

Thursday

Breakfast Pizza (Sausage)

Friday

Breakfast Pizza (Cinnamon)

Available Daily

A selection of Cold Cereal or Kellogg's Poptarts

Breakfast Prices:

Student Breakfast \$1.25

Reduced Breakfast \$0.30

Adult Breakfast \$1.75

**All breakfast include
juice or fruit and a
milk choice**



Balanced Choices Meal Parameters

Nutrients	K-6	7-12	Allowable Range
Calories	664	825	Plus or minus 10%
Protein (g)	10	16	Minimum allowable
Calcium (mg)	286	400	10% below, no upper limit
Iron (mg)	3.5	4.5	10% below, no upper limit
Vitamin A (RE)	224	300	10% below, no upper limit
Vitamin C (mg)	15	18	10% below, no upper limit
Fat (% of calories)	30%	30%	Maximum Allowable
Saturated Fat	10%	10%	Maximum Allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium	1300	1300	Maximum Allowable

Lunch Account Deposits:

Please remember to send your child's money for breakfast and lunch in a sealed envelope with their name on it. Even if paying by check please use this method. If your deposit is to be split between 2 or more students please list this on your envelope.

You can also use "lunchdeposit.com" to make a deposit or check your students balance.

Thank you for helping us out in the deposit process.

EAT. LEARN. LIVE

November 2007 Lunch Menu Beechnau Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
Student Lunch \$1.60 Reduced Lunch \$.40 Milk ½ Pint \$.35 Adult \$3.00 Student Breakfast \$1.25 Reduced Breakfast \$.30 Adult Breakfast \$1.75	<u>Included With Lunch:</u> Lettuce Salads Crisp Veggies Canned & Fresh Fruits Pasta Salads Variety of Milk Choices	Many of the menu items Are made with whole grains: Rolls, chicken nuggets, Corn dogs, pizza crust, French toast sticks	1. # 1 Chunky Turkey Gravy Mashed Potatoes Roll #2 Ham & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	2. <u>Lucky Tray</u> #1 Hot Dog W/Bun Tater Tots # 2 Chef Salad W/Roll fruit & Vegetable <i>Food Bar</i>
#1 Mini Corn Dogs Tater Tots Roll #2 Turkey & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	6. #1 Pizza Green Beans #2 Ham & Cheese Sub fruit & Vegetable <i>Food Bar</i>	7. #1 Nacho Supreme #2 Yogurt, Cheese Sticks Crackers, fruit & Vegetable <i>Food Bar</i>	8. #1 Chicken Patty W/Bun Mixed Vegetable, Orange, 1% Milk #2 Ham & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	9. No School Today
12. #1 Chicken Nuggets, Potato Wedges #2 Turkey & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	13. <u>Pyramid Pete Day</u> #1 Pizza Corn Apple Crisp #2 Ham & Cheese Sub fruit & Vegetable <i>Food Bar</i>	14. #1 Spaghetti W/Meat Sauce Breadstick, Apple, 1% Milk Tossed Salad/Light Dressing #2 Yogurt, Cheese Sticks Crackers, fruit & Vegetable <i>Food Bar</i>	15. #1 Hot Dog W/Bun Tater Tots #2 Ham & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	16. # 1 Pizza Dippers W/Pizza Sauce #2 Chef Salad W/Roll fruit & Vegetable <i>Food Bar</i>
19. #1 Crispito Chips & Cheese #2 Turkey & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	20. Pizza Mixed Vegetables #2 Ham & Cheese Sub fruit & Vegetable <i>Food Bar</i>	21. <u>Birthday Celebration</u> #1 Walking Taco Cookie With #1 & #2 #2 Yogurt, Cheese Sticks Crackers, fruit & Vegetable <i>Food Bar</i>	22. No School Thanksgiving	23. No School Today
26. #1 French Toast Sticks Sausage Links Syrup #2 Turkey & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	27. #1 Pizza Corn #2 Ham & Cheese Sub fruit & Vegetable <i>Food Bar</i>	28. #1 Chicken Nuggets, Roll, Mixed Veg, Orange Chocolate Pudding #2 Yogurt, Cheese Sticks Crackers, fruit & Vegetable <i>Food Bar</i>	29. #1 Munchables W/Yogurt #2 Ham & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	30. # 1 Pizza Dippers W/Pizza Sauce # 2 Chef Salad W/Roll fruit & Vegetable <i>Food Bar</i>

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Questions? Please Call George Siedis (231) 853-2218 ext. 407

Learn more at www.eatlearnlive.com



EAT. LEARN. LIVE

December 2007 Lunch Menu

Beechnau Elementary

	Monday	Tuesday	Wednesday	Thursday	Friday
3	#1 Crispito Chips & Cheese #2 Turkey & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	4. #1 Pizza Corn #2 Ham & Cheese Sub fruit & Vegetable <i>Food Bar</i>	5. Hamburger W/Bun, Corn Tossed Salad w/light Dressing Apple, 1% Milk #2 Yogurt, Cheese Sticks Crackers, fruit & Vegetable <i>Food Bar</i>	6. #1 Chunky Turkey Gravy Mashed Potatoes Roll #2 Ham & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	7. <u>Lucky Tray</u> #1 Hot Dog W/Bun Tater Tots #2 Chef Salad W/Roll fruit & Vegetable <i>Food Bar</i>
10	#1 Mini Corn Dogs Tater Tots Roll #2 Turkey & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	11. #1 Pizza Green Beans #2 Ham & Cheese Sub fruit & Vegetable <i>Food Bar</i>	12. <u>Birthday Celebration</u> #1 Walking Taco <i>Cookie With #1 & #2</i> #2 Yogurt, Cheese Sticks Crackers, fruit & Vegetable <i>Food Bar</i>	13. #1 Chicken Patty W/Bun Mixed Vegetable, Orange, 1% Milk #2 Ham & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	14. #1 Pizza Dippers W/Pizza Sauce #2 Chef Salad W/Roll fruit & Vegetable <i>Food Bar</i>
17	#1 Chicken Nuggets, Potato Wedges #2 Turkey & Cheese Wrap fruit & Vegetable <i>Food Bar</i>	18. <u>Pyramid Pete Day</u> #1 Pizza Corn Apple Crisp #2 Ham & Cheese Sub fruit & Vegetable <i>Food Bar</i>	19. Spaghetti W/Meat Sauce Breadstick, Apple, 1% Milk Tossed Salad/Light Dressing #2 Yogurt, Cheese Sticks Crackers, fruit & Vegetable <i>Food Bar</i>	20. Winter Break	21. Winter Break
24	Winter Break	25. Winter Break	26. Winter Break	27. Winter Break	28. Winter Break
31	Winter Break	1. Winter Break	2. Winter Break	Student Lunch \$1.60 Reduced Lunch \$.40 Milk $\frac{1}{2}$ Pint \$.35 Adult \$3.00 Student Breakfast \$1.25 Reduced Breakfast \$.30 Adult Breakfast \$1.75	<u>Included With Lunch:</u> Lettuce Salads <i>Crisp Veggies</i> Canned & Fresh Fruits Pasta Salads Variety of Milk Choices

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A Division of COMPASS

Ravenna Public Schools Secondary Lunch Menu October/29/2007-November/2/2007

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chups & Cheese	Chicken Parmesan Pasta Breadstick	Tacos Spanish Rice	BBQ Rib W/Bun Chips	Chili Roll
	Broccoli	Italian Blend	Green Beans	California Blend	Corn
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza	Taco Pizza Veggie Pizza	Stuffed Crust Pizza Sauce
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Tuna Wrap	Turkey & Cheese Sub
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	Bacon Cheeseburger	Italian Chicken Sandwich	Fish Sandwich
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Wrap	Greek Salad	Taco Salad	Chicken Caesar Salad
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



This Symbol Indicates a
Balanced Choices Meal

Balanced Choices Meal Parameters

Nutrients	K-6	7-12	Allowable Range
Calories	664	825	Plus or minus 10%
Protein (g)	10	16	Minimum allowable
Calcium (mg)	286	400	10% below, no upper limit
Iron (mg)	3.5	4.5	10% below, no upper limit
Vitamin A (RE)	224	300	10% below, no upper limit
Vitamin C (mg)	15	18	10% below, no upper limit
Fat (% of Calories)	30%	30%	Maximum allowable
Saturated Fat	10%	10%	Maximum allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium	1300	1300	Maximum allowable

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
 Student:\$1.25 Adult:\$1.75 Reduced:\$.30

Available Daily

A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links

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Ravenna Public Schools Secondary Lunch Menu November/5-9/2007

A Division of COMPASS

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chips & Cheese	Baked Ziti Breadstick	Nacho Supreme	BBQ Rib W/Bun Oven Roasted Potatoes	No School Today
	Broccoli	Italian Blend	Corn	California Blend	
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza	Taco Pizza Veggie Pizza	
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Tuna Wrap	
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Italian Chicken Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Salad	Greek Salad	Taco Salad	
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
Student:\$1.25 Adult:\$1.75 Reduced:\$.30

Available Daily
A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links



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Balanced Choices Meal Parameters

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Vitamin A (RE)	224	300	10% below, no upper limit
Vitamin C (mg)	15	18	10% below, no upper limit
Fat (% of Calories)	30%	30%	Maximum allowable
Saturated Fat	10%	10%	Maximum allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium	1300	1300	Maximum allowable

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Ravenna Public Schools Secondary Lunch Menu November/12-16/2007

A Division of COMPASS GROUP

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chips & Cheese	Salisbury Steak Mashed Potatoes Gravy, Roll	2-4-1 Chili Dogs W/Buns Oven Roasted Potatoes	Spaghetti W/ Meat Sauce Breadstick	Chunky Turkey Gravy Mashed Potatoes Breadstick Corn
	Broccoli	Corn	Green Beans	California Blend	
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza	Taco Pizza Veggie Pizza	Dunkers W/Pizza Sauce
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Tuna Wrap	Turkey & Cheese Sub
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	Bacon Cheeseburger	Italian Chicken Sandwich	Fish Sandwich
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Wrap	Greek Salad	Taco Salad	
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



This Symbol Indicates a
Balanced Choices Meal

Balanced Choices Meal Parameters

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
Student: \$1.25 Adult: \$1.75 Reduced: \$.30

Available Daily

A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links

Nutrients	K-6	7-12	Allowable Range
Calories	664	825	Plus or minus 10%
Protein (g)	10	16	Minimum allowable
Calcium (mg)	286	400	10% below, no upper limit
Iron (mg)	3.5	4.5	10% below, no upper limit
Vitamin A (RE)	224	300	10% below, no upper limit
Vitamin C (mg)	15	18	10% below, no upper limit
Fat (% of Calories)	30%	30%	Maximum allowable
Saturated Fat	10%	10%	Maximum allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium	1300	1300	Maximum allowable

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A Division of COMPASS

Ravenna Public Schools Secondary Lunch Menu November/19-23/2007

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chips & Cheese	Chicken Parmesan Pasta Breadstick	Tacos Spanish Rice	Thanksgiving No School	No School Today
	Broccoli	Italian Blend	Green Beans		
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza		
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap		
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	Bacon Cheeseburger		
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Wrap	Greek Salad		
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



This Symbol Indicates a
Balanced Choices Meal

Balanced Choices Meal Parameters

Nutrients	K-6	7-12	Allowable Range
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Saturated Fat	10%	10%	Maximum allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium	1300	1300	Maximum allowable

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
 Student:\$1.25 Adult:\$1.75 Reduced:\$.30

Available Daily

A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links

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Ravenna Public Schools Secondary Lunch Menu November/26-30/2007

A Division of COMPASS

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chips & Cheese Broccoli	Baked Ziti Breadstick Italian Blend	BBQ Rib W/Bun Oven Roasted Potatoes Corn	Salisbury Steak Mashed Potatoes Gravy, Roll Green Bean Casserole	Spaghetti W/Meatsauce Breadstick Italian Blend
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza	Taco Pizza Veggie Pizza	Stromboli
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Tuna Wrap	Turkey & Cheese Sub
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	Bacon Cheeseburger	Italian Chicken Sandwich	Fish Sandwich
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Wrap	Greek Salad	Taco Salad	Chicken Caesar Salad
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
Student:\$1.25 Adult:\$1.75 Reduced:\$.30

Available Daily
A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links



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Balanced Choices Meal

Balanced Choices Meal Parameters

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Ravenna Public Schools Secondary Lunch Menu December/3-7/2007

A Division of COMPASS

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chips & Cheese Broccoli	Chicken Parmesan Pasta Breadstick Italian Blend	Tacos Spanish Rice Green Beans	2-4-1 Chili Dogs W/Buns Chips California Blend	Chili Roll Corn
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza	Taco Pizza Veggie Pizza	Stuffed Crust Pizza Sauce
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Tuna Wrap	Turkey & Cheese Sub
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	Bacon Cheeseburger	Italian Chicken Sandwich	Fish Sandwich
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Wrap	Greek Salad	Taco Salad	Chicken Caesar Salad
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



This Symbol Indicates a
Balanced Choices Meal

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
Student:\$1.25 Adult:\$1.75 Reduced:\$.30

Available Daily

A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links


Balanced Choices Meal Parameters

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Ravenna Public Schools Secondary Lunch Menu December/10-14/2007

A Division of  COMPASS

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chips & Cheese	Baked Ziti Breadstick	Nacho Supreme	BBQ Rib W/Bun Oven Roasted Potatoes	Chicken Noodle Soup Roll
	Broccoli	Italian Blend	Corn	California Blend	Green Beans
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza	Taco Pizza Veggie Pizza	Stromboli W/Dipping Sauce
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap	Tuna Wrap	Turkey & Cheese Sub
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Italian Chicken Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	Fish Sandwich
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Salad	Greek Salad	Taco Salad	Chicken Caesar Salad
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



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Balanced Choices Meal Parameters

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Sodium	1300	1300	Maximum allowable

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
Student: \$1.25 Adult: \$1.75 Reduced: \$.30

Available Daily

A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links

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Questions? Please Call George Siedis (231) 853-2218 ext. 407



Ravenna Public Schools Secondary Lunch Menu December/17-21/2007

A Division of COMPASS

Station Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Origins Lunch Prices For All Stations: Paid \$1.75 Reduced \$.40 Adult \$3.00 Milk \$.35	Crispito Chips & Cheese	Salisbury Steak Mashed Potatoes Gravy, Roll	2-4-1 Chili Dogs W/Buns Oven Roasted Potatoes	Winter Break	Winter Break
	Broccoli	Corn	Green Beans		
Trattoria Fresh Homemade Cheese and Pepperoni Pizza	3 Cheese Pizza	Ham Pizza	Sausage Pizza		
Sandwich Central Made To Order Sandwiches & Wraps	Chicken Salad Wrap	Ham & Cheese Wrap	Turkey & Cheese Wrap		
Fresh Grille Hamburger Cheeseburger Chicken Patty Sandwich	Bacon Cheeseburger	Hot Ham & Cheese	Bacon Cheeseburger		
Outtakes Wraps & Salads	Chicken Salad Wrap	Chicken Caesar Wrap	Greek Salad		
Accompaniments	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day	Crisp Veggies	Pasta Salad

RAVENNA PUBLIC SCHOOLS SECONDARY BREAKFAST MENU



This Symbol Indicates a
Balanced Choices Meal

All Breakfast Include Fruit Juice or Fruit and a Milk Choice
Student:\$1.25 Adult:\$1.75 Reduced:\$.30

Available Daily

A selection of Cold Cereal or Kellogg's Poptarts

Not All Hot Items Are Available Daily

- Breakfast Sandwich (Egg Sausage Cheese)
- Breakfast Pizza (Cinnamon)
- Pancake on a Stick
- Breakfast Pizza (Sausage & Cheese)
- French Toast Sticks & Sausage Links

Balanced Choices Meal Parameters

Nutrients	K-6	7-12	Allowable Range
Calories	664	825	Plus or minus 10%
Protein (g)	10	16	Minimum allowable
Calcium (mg)	286	400	10% below, no upper limit
Iron (mg)	3.5	4.5	10% below, no upper limit
Vitamin A (RE)	224	300	10% below, no upper limit
Vitamin C (mg)	15	18	10% below, no upper limit
Fat (% of Calories)	30%	30%	Maximum allowable
Saturated Fat	10%	10%	Maximum allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium	1300	1300	Maximum allowable

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