

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't forget to take the</p> <p><b>"Extreme Fruit and Vegetable Challenge"</b></p> <p><i>this month!</i></p>	 <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p> <p><b>HealthierUS School Challenge!</b></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>Cinnamon Roll, Pears, Fruit Juice</li> <li>Cereal, Yogurt, Pears, Fruit Juice</li> <li>Oatmeal, Yogurt, Pears, Fruit Juice</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>Breakfast Sliders, Apple 🍏, Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Apple 🍏, Fruit Juice</li> <li>Oatmeal, Toast &amp; Jelly, Apple 🍏, Fruit Juice</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Biscuits &amp; Gravy, Sausage 🐷, Banana, Fruit Juice</li> <li>Cereal, Yogurt, Banana, Fruit Juice</li> <li>Oatmeal, Yogurt, Banana, Fruit Juice</li> </ul>
<p><b>6</b></p> <ul style="list-style-type: none"> <li>Pancakes w/ Fruit Topping, Apple 🍏, Fruit Juice</li> <li>Cereal, Yogurt, Apple 🍏, Fruit Juice</li> <li>Oatmeal, Yogurt, Apple 🍏, Fruit Juice</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Scrambled Eggs, Toast &amp; Jelly, Strawberries, Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Strawberries, Fruit Juice</li> <li>Oatmeal, Toast &amp; Jelly, Strawberries, Fruit Juice</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Cinnamon Roll, Peaches, Fruit Juice</li> <li>Cereal, Yogurt, Peaches, Fruit Juice</li> <li>Oatmeal, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>Sausage Pancake on Stick 🐷, Pears, Fruit Juice</li> <li>Cereal, Cinnamon Toast, Pears, Fruit Juice</li> <li>Oatmeal, Cinnamon Toast, Pears, Fruit Juice</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Biscuits &amp; Gravy, Sausage 🐷, Banana, Fruit Juice</li> <li>Cereal, Yogurt, Banana, Fruit Juice</li> <li>Oatmeal, Yogurt, Banana, Fruit Juice</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>Pancake Sausage Griddle 🐷, Peaches, Fruit Juice</li> <li>Cereal, Yogurt, Peaches, Fruit Juice</li> <li>Oatmeal, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>14 Valentine's Day</b></p> <ul style="list-style-type: none"> <li>Strawberry French Toast, Apple 🍏, Fruit Juice</li> <li>Cereal, Cinnamon Toast, Apple 🍏, Fruit Juice</li> <li>Oatmeal, Cinnamon Toast, Apple 🍏, Fruit Juice</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Blueberry Sweet Roll w/ Lemon Glaze, Orange Smiles, Fruit Juice</li> <li>Cereal, Yogurt, Orange Smiles, Fruit Juice</li> <li>Oatmeal, Yogurt, Orange Smiles, Fruit Juice</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Scrambled Eggs, Toast &amp; Jelly, Pineapple, Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Pineapple, Fruit Juice</li> <li>Oatmeal, Toast &amp; Jelly, Pineapple, Fruit Juice</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Biscuits &amp; Gravy, Sausage 🐷, Banana, Fruit Juice</li> <li>Cereal, Yogurt, Banana, Fruit Juice</li> <li>Oatmeal, Yogurt, Banana, Fruit Juice</li> </ul>
<p><b>20 No School</b></p>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>Scrambled Eggs, Toast &amp; Jelly, Pears, Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Pears, Fruit Juice</li> <li>Oatmeal, Toast &amp; Jelly, Pears, Fruit Juice</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>Cinnamon Roll, Peaches, Fruit Juice</li> <li>Cereal, Yogurt, Peaches, Fruit Juice</li> <li>Oatmeal, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>Sausage Pancake on Stick 🐷, Pineapple, Fruit Juice</li> <li>Cereal, Cinnamon Toast, Pineapple, Fruit Juice</li> <li>Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Biscuits &amp; Gravy, Sausage 🐷, Strawberries, Fruit Juice</li> <li>Cereal, Yogurt, Strawberries, Fruit Juice</li> <li>Oatmeal, Yogurt, Strawberries, Fruit Juice</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>French Toast Sticks, Orange Smiles, Fruit Juice</li> <li>Cereal, Yogurt, Orange Smiles, Fruit Juice</li> <li>Oatmeal, Yogurt, Orange Smiles, Fruit Juice</li> </ul>	<p><b>28 Mardi Gras</b></p> <ul style="list-style-type: none"> <li>King Cake Cinnamon Roll, Strawberries, Fruit Juice</li> <li>Cereal, Cinnamon Toast, Strawberries, Fruit Juice</li> <li>Oatmeal, Cinnamon Toast, Strawberries, Fruit Juice</li> </ul>	<p><b>Harvest</b></p>  <p><b>of the Month</b></p>	 <p><i>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</i></p> <p>Partnering with us in this endeavor are the following</p> <p><b>Hamra Farms          Farhmeier Farms          Rasa Orchard</b></p> <p><b>Value Added Products</b></p>	<p><b>All Items Prepared Fresh Daily in the Opaa! Kitchen</b></p> <p><b>All grains offered are Whole Grain-Rich</b></p> <p><b>KEY:</b></p> <p>🍏 = Farm Fresh Product</p> <p>🐷 = May contain peanuts</p> <p>🐷 = Pork</p>



This institution is an equal opportunity provider.

**Opaa! menus are created in accordance with USDA Regulation for Healthy, Hunger-Free Kids Act.**  
 Choice of fat-free (unf avored or f avored) and unf avored low-fat milk offered daily.

• Menus subject to change. •

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<p><b>6</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken &amp; Waffles</b></li> <li>• <b>Turkey &amp; Cheddar Melt</b> Fresh Garden Salad, Cheesy Broccoli, Mandarin Oranges, Apple 🍏</li> <li>• <b>Italian Chef Salad</b>, Cheesy Broccoli, Mandarin Oranges, Apple 🍏, Italian Bread</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• <b>Hot Dog</b></li> <li>• <b>Pork Carnitas</b> 🐷 French Fries, Fresh Garden Salad, Cinnamon Apple Slices, Fresh Melon 🍈</li> <li>• <b>Cobb Salad</b>, Cinnamon Apple Slices, Fresh Melon 🍈, Fruit Streusel Muffin</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Hamburger Steak</b> Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Orange Smiles, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Mashed Potatoes w/ Gravy, Pineapple, Orange Smiles, Hot Roll</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• <b>BBQ Bacon Cheeseburger Nachos</b></li> <li>• <b>Sloppy Joes</b> Fresh Garden Salad, Refried Beans, Pears, Grapes</li> <li>• <b>Taco Salad</b>, Refried Beans, Pears, Grapes, Cornbread</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• <b>Tony's Pizza</b> 🍷</li> <li>• <b>Ham &amp; Cheese Calzone</b> 🍷 Fresh Garden Salad, Tomato Soup, Tropical Fruit, Banana</li> <li>• <b>Popcorn Chicken Salad</b>, Tomato Soup, Tropical Fruit, Banana, Fruit Streusel Muffin</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Nuggets w/ Italian Bread</b></li> <li>• <b>Hamburger Mac N Cheese w/ Italian Bread</b> Fresh Garden Salad, Corn, Applesauce, Orange Smiles</li> <li>• <b>Italian Chef Salad</b>, Corn, Applesauce, Orange Smiles, Italian Bread</li> </ul>	<p><b>14 Valentine's Day</b></p> <ul style="list-style-type: none"> <li>• <b>Super Nachos</b></li> <li>• <b>Cheeseburger</b> Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Apple 🍏, Strawberry Jello</li> <li>• <b>Taco Salad</b>, Texas Pintos, Cornbread, Mandarin Oranges, Apple 🍏, Strawberry Jello</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Fish Patty</b> Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Cantaloupe 🍈, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Glazed Carrots, Peaches, Cantaloupe 🍈, Hot Roll</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• <b>BBQ Rib on Bun</b> 🍷</li> <li>• <b>Stuffed Taco</b> Tater Tots, Fresh Garden Salad, Pineapple, Grapes</li> <li>• <b>Cobb Salad</b>, Pineapple, Grapes, Fruit Streusel Muffin</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• <b>Cheese Pizza</b></li> <li>• <b>Corn Dog</b> Fresh Garden Salad, Broccoli Cheese Soup, Banana Orange Mix, Banana</li> <li>• <b>Popcorn Chicken Salad</b>, Broccoli Cheese Soup, Banana Orange Mix, Banana, Fruit Streusel Muffin</li> </ul>
<p><b>20 No School</b></p>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>French Dip</b> French Fries, Fresh Garden Salad, Orange Pineapple Mix, Orange Smiles</li> <li>• <b>Cobb Salad</b>, Orange Pineapple Mix, Orange Smiles, Fruit Streusel Muffin</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Meatloaf</b> Mashed Potatoes w/ Gravy, Corn, Pears, Apple 🍏, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Corn, Pears, Apple 🍏, Hot Roll</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• <b>BBQ Bacon Cheeseburger Nachos</b></li> <li>• <b>Turkey Burger</b> Fresh Garden Salad, Cowboy Beans, Grapes, Applesauce</li> <li>• <b>Taco Salad</b>, Cowboy Beans, Grapes, Applesauce, Cornbread</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• <b>Pepperoni Pizza</b></li> <li>• <b>Chicken &amp; Cheese Wrap</b> Baby Carrots w/ Dip, Fresh Garden Salad, Banana, Strawberry Banana Mix</li> <li>• <b>Popcorn Chicken Salad</b>, Baby Carrots w/ Dip, Banana, Strawberry Banana Mix, Fruit Streusel Muffin</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>• <b>BBQ Pork on Bun</b> 🍷</li> <li>• <b>Pizza Grilled Cheese Sandwich</b> Fresh Garden Salad, Steamed Broccoli, Orange Smiles, Cinnamon Apple Slices</li> <li>• <b>Italian Chef Salad</b>, Steamed Broccoli, Orange Smiles, Cinnamon Apple Slices, Italian Bread</li> </ul>	<p><b>28 Mardi Gras</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Nuggets w/ Mardi Gras Sauce</b></li> <li>• <b>Super Nachos</b> Refried Beans, Fresh Garden Salad, Mandarin Oranges, Apple 🍏, Goopy Butter Cake Cookie</li> <li>• <b>Taco Salad</b>, Refried Beans, Cornbread, Mandarin Oranges, Apple 🍏, Goopy Butter Cake Cookie</li> </ul>	 <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p><b>HealthierUS School Challenge!</b></p>	<p><b>Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!</b></p>	<p>All Items Prepared Fresh Daily in the Opaa! Kitchen</p> <p>All grains offered are Whole Grain-Rich</p> <p>KEY:</p> <ul style="list-style-type: none"> <li>🍏 = Farm Fresh Product</li> <li>🍪 = May contain peanuts</li> <li>🐷 = Pork</li> </ul>

