



BREAKFAST - FEBRUARY 2017

Wellington School District Lincoln Elementary

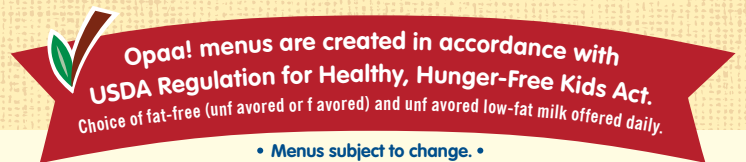


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't forget to take the</p> <p>"Extreme Fruit and Vegetable Challenge"</p> <p><i>this month!</i></p>	 <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p>HealthierUS School Challenge!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



This institution is an equal opportunity provider.





LUNCH - FEBRUARY 2017

Wellington School District Lincoln Elementary



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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Don't forget to take the

"Extreme Fruit and Vegetable Challenge"

this month!



Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.

Partnering with us in this endeavor are the following
Hamra Farms
Fahrmeier Farms
Rasa Orchard
Value Added Products

6

- **Chicken & Waffles**
- **Turkey & Cheddar Melt**
Fresh Garden Salad, Cheesy Broccoli, Mandarin Oranges, Apple 🍏
- **Italian Chef Salad**, Cheesy Broccoli, Mandarin Oranges, Apple 🍏, Italian Bread

7

- **Hot Dog**
- **Pork Carnitas** 🍖
French Fries, Fresh Garden Salad, Cinnamon Apple Slices, Fresh Melon 🍈
- **Cobb Salad**, Cinnamon Apple Slices, Fresh Melon 🍈, Fruit Streusel Muffin

8

- **Chicken Patty**
- **Hamburger Steak**
Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Orange Smiles, Hot Roll
- **Chicken Caesar Salad**, Mashed Potatoes w/ Gravy, Pineapple, Orange Smiles, Hot Roll

9

- **BBQ Bacon Cheeseburger Nachos**
- **Sloppy Joes**
Fresh Garden Salad, Refried Beans, Pears, Grapes
- **Taco Salad**, Refried Beans, Pears, Grapes, Cornbread

10

- **Tony's Pizza** 🍕
- **Ham & Cheese Calzone** 🍝
Fresh Garden Salad, Tomato Soup, Tropical Fruit, Banana
- **Popcorn Chicken Salad**, Tomato Soup, Tropical Fruit, Banana, Fruit Streusel Muffin

13

- **Chicken Nuggets w/ Italian Bread**
- **Hamburger Mac N Cheese w/ Italian Bread**
Fresh Garden Salad, Corn, Applesauce, Orange Smiles
- **Italian Chef Salad**, Corn, Applesauce, Orange Smiles, Italian Bread

14 Valentine's Day

- **Super Nachos**
- **Cheeseburger**
Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Apple 🍏, Strawberry Jello
- **Taco Salad**, Texas Pintos, Cornbread, Mandarin Oranges, Apple 🍏, Strawberry Jello

15

- **Chicken Patty**
- **Fish Patty**
Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Cantaloupe 🍈, Hot Roll
- **Chicken Caesar Salad**, Glazed Carrots, Peaches, Cantaloupe 🍈, Hot Roll

16

- **BBQ Rib on Bun** 🍖
- **Stuffed Taco**
Tater Tots, Fresh Garden Salad, Pineapple, Grapes
- **Cobb Salad**, Pineapple, Grapes, Fruit Streusel Muffin

17

- **Cheese Pizza**
- **Corn Dog**
Fresh Garden Salad, Broccoli Cheese Soup, Banana Orange Mix, Banana
- **Popcorn Chicken Salad**, Broccoli Cheese Soup, Banana Orange Mix, Banana, Fruit Streusel Muffin

20 No School

21

- **Cheeseburger**
- **French Dip**
French Fries, Fresh Garden Salad, Orange Pineapple Mix, Orange Smiles
- **Cobb Salad**, Orange Pineapple Mix, Orange Smiles, Fruit Streusel Muffin

22

- **Chicken Patty**
- **Meatloaf**
Mashed Potatoes w/ Gravy, Corn, Pears, Apple 🍏, Hot Roll
- **Chicken Caesar Salad**, Corn, Pears, Apple 🍏, Hot Roll

23

- **BBQ Bacon Cheeseburger Nachos**
- **Turkey Burger**
Fresh Garden Salad, Cowboy Beans, Grapes, Applesauce
- **Taco Salad**, Cowboy Beans, Grapes, Applesauce, Cornbread

24 Sacked Lunch Day

27

- **BBQ Pork on Bun** 🍖
- **Pizza Grilled Cheese Sandwich**
Fresh Garden Salad, Steamed Broccoli, Orange Smiles, Cinnamon Apple Slices
- **Italian Chef Salad**, Steamed Broccoli, Orange Smiles, Cinnamon Apple Slices, Italian Bread

28 Mardi Gras

- **Chicken Nuggets w/ Mardi Gras Sauce**
- **Super Nachos**
Refried Beans, Fresh Garden Salad, Mandarin Oranges, Apple 🍏, Goopy Butter Cake Cookie
- **Taco Salad**, Refried Beans, Cornbread, Mandarin Oranges, Apple 🍏, Goopy Butter Cake Cookie



Opaa! designs elementary menus to meet the nutrition targets for

HealthierUS School Challenge!

Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!

All Items Prepared Fresh Daily in the Opaa! Kitchen

All grains offered are Whole Grain-Rich

KEY:

- 🍏 = Farm Fresh Product
- 🥜 = May contain peanuts
- 🍖 = Pork

