



BREAKFAST - FEBRUARY 2017

Wellington School District Washington Elementary

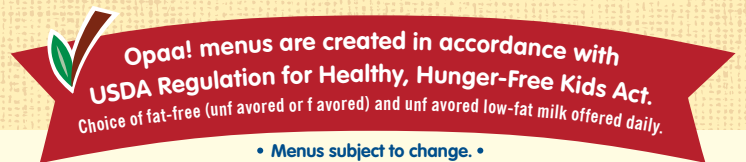


menus.opaafood.com

| 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 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.



• Menus subject to change. •



LUNCH - FEBRUARY 2017

Wellington School District Washington 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! 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 Fahrmeier Farms Rasa Orchard</p> <p>Value Added Products</p> | <p>1</p> <ul style="list-style-type: none"> • Chicken Patty • Baked Ham 🐷 Mashed Potatoes w/ Gravy, Corn, Grapes, Pears, Hot Roll • Chicken Caesar Salad, Corn, Pears, Grapes, Hot Roll | <p>2</p> <ul style="list-style-type: none"> • Cheeseburger • Grilled Chicken Sandwich French Fries, Fresh Garden Salad, Applesauce, Apple 🍏 • Cobb Salad, Applesauce, Apple 🍏, Fruit Streusel Muffin | <p>3</p> <ul style="list-style-type: none"> • Pepperoni Pizza • Peanut Butter & Jelly 🍪 w/ Yogurt Fresh Garden Salad, Baby Carrots w/ Dip, Strawberry Banana Mix, Banana • Popcorn Chicken Salad, Baby Carrots w/ Dip, Strawberry Banana Mix, Banana, Fruit Streusel Muffin |
| <p>6</p> <ul style="list-style-type: none"> • Chicken & Waffles • Turkey & Cheddar Melt Fresh Garden Salad, Cheesy Broccoli, Mandarin Oranges, Apple 🍏 • Italian Chef Salad, Cheesy Broccoli, Mandarin Oranges, Apple 🍏, Italian Bread | <p>7</p> <ul style="list-style-type: none"> • Hot Dog • Pork Carnitas 🐷 French Fries, Fresh Garden Salad, Cinnamon Apple Slices, Fresh Melon 🍈 • Cobb Salad, Cinnamon Apple Slices, Fresh Melon 🍈, Fruit Streusel Muffin | <p>8</p> <ul style="list-style-type: none"> • 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 | <p>9</p> <ul style="list-style-type: none"> • BBQ Bacon Cheeseburger Nachos • Sloppy Joes Fresh Garden Salad, Refried Beans, Pears, Grapes • Taco Salad, Refried Beans, Pears, Grapes, Cornbread | <p>10</p> <ul style="list-style-type: none"> • 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 |
| <p>13</p> <ul style="list-style-type: none"> • 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 | <p>14 Valentine's Day</p> <ul style="list-style-type: none"> • Super Nachos • Cheeseburger Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Apple 🍏, Strawberry Jello • Taco Salad, Texas Pintos, Cornbread, Mandarin Oranges, Apple 🍏, Strawberry Jello | <p>15</p> <ul style="list-style-type: none"> • Chicken Patty • Fish Patty Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Cantaloupe 🍈, Hot Roll • Chicken Caesar Salad, Glazed Carrots, Peaches, Cantaloupe 🍈, Hot Roll | <p>16</p> <ul style="list-style-type: none"> • BBQ Rib on Bun 🍷 • Stuffed Taco Tater Tots, Fresh Garden Salad, Pineapple, Grapes • Cobb Salad, Pineapple, Grapes, Fruit Streusel Muffin | <p>17</p> <ul style="list-style-type: none"> • 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 |
| <p>20 No School</p> | <p>21</p> <ul style="list-style-type: none"> • Cheeseburger • French Dip French Fries, Fresh Garden Salad, Orange Pineapple Mix, Orange Smiles • Cobb Salad, Orange Pineapple Mix, Orange Smiles, Fruit Streusel Muffin | <p>22</p> <ul style="list-style-type: none"> • Chicken Patty • Meatloaf Mashed Potatoes w/ Gravy, Corn, Pears, Apple 🍏, Hot Roll • Chicken Caesar Salad, Corn, Pears, Apple 🍏, Hot Roll | <p>23</p> <ul style="list-style-type: none"> • BBQ Bacon Cheeseburger Nachos • Turkey Burger Fresh Garden Salad, Cowboy Beans, Grapes, Applesauce • Taco Salad, Cowboy Beans, Grapes, Applesauce, Cornbread | <p>24</p> <ul style="list-style-type: none"> • Pepperoni Pizza • Chicken & Cheese Wrap Baby Carrots w/ Dip, Fresh Garden Salad, Banana, Strawberry Banana Mix • Popcorn Chicken Salad, Baby Carrots w/ Dip, Banana, Strawberry Banana Mix, Fruit Streusel Muffin |
| <p>27</p> <ul style="list-style-type: none"> • 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 | <p>28 Mardi Gras</p> <ul style="list-style-type: none"> • 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 |  <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p>HealthierUS School Challenge!</p> | <p>Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!</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"> 🍏 = Farm Fresh Product 🍪 = May contain peanuts 🐷 = Pork |

