



BREAKFAST - FEBRUARY 2017

Wellington School District Wellington High School



menus.opaafood.com

MONDAY

Don't forget to take the

"Extreme Fruit and Vegetable Challenge"

this month!

TUESDAY



Opaa! designs elementary menus to meet the nutrition targets for

HealthierUS School Challenge!

WEDNESDAY

1

- Cinnamon Roll, Pears, Fruit Juice
- Cereal, Yogurt, Pears, Fruit Juice
- Oatmeal, Yogurt, Pears, Fruit Juice

THURSDAY

2

- Breakfast Sliders, Apple 🍏, Fruit Juice
- Cereal, Toast & Jelly, Apple 🍏, Fruit Juice
- Oatmeal, Toast & Jelly, Apple 🍏, Fruit Juice

FRIDAY

3

- Biscuits & Gravy, Sausage 🐷, Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal, Yogurt, Banana, Fruit Juice

6

- Pancakes w/ Fruit Topping, Apple 🍏, Fruit Juice
- Cereal, Yogurt, Apple 🍏, Fruit Juice
- Oatmeal, Yogurt, Apple 🍏, Fruit Juice

7

- Scrambled Eggs, Toast & Jelly, Strawberries, Fruit Juice
- Cereal, Toast & Jelly, Strawberries, Fruit Juice
- Oatmeal, Toast & Jelly, Strawberries, Fruit Juice

8

- Cinnamon Roll, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

9

- Sausage Pancake on Stick 🐷, Pears, Fruit Juice
- Cereal, Cinnamon Toast, Pears, Fruit Juice
- Oatmeal, Cinnamon Toast, Pears, Fruit Juice

10

- Biscuits & Gravy, Sausage 🐷, Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal, Yogurt, Banana, Fruit Juice

13

- Pancake Sausage Griddle 🐷, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

14 Valentine's Day

- Strawberry French Toast, Apple 🍏, Fruit Juice
- Cereal, Cinnamon Toast, Apple 🍏, Fruit Juice
- Oatmeal, Cinnamon Toast, Apple 🍏, Fruit Juice

15

- Blueberry Sweet Roll w/ Lemon Glaze, Orange Smiles, Fruit Juice
- Cereal, Yogurt, Orange Smiles, Fruit Juice
- Oatmeal, Yogurt, Orange Smiles, Fruit Juice

16

- Scrambled Eggs, Toast & Jelly, Pineapple, Fruit Juice
- Cereal, Toast & Jelly, Pineapple, Fruit Juice
- Oatmeal, Toast & Jelly, Pineapple, Fruit Juice

17

- Biscuits & Gravy, Sausage 🐷, Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal, Yogurt, Banana, Fruit Juice

20 No School

21

- Scrambled Eggs, Toast & Jelly, Pears, Fruit Juice
- Cereal, Toast & Jelly, Pears, Fruit Juice
- Oatmeal, Toast & Jelly, Pears, Fruit Juice

22

- Cinnamon Roll, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

23

- Sausage Pancake on Stick 🐷, Pineapple, Fruit Juice
- Cereal, Cinnamon Toast, Pineapple, Fruit Juice
- Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice

24

- Biscuits & Gravy, Sausage 🐷, Strawberries, Fruit Juice
- Cereal, Yogurt, Strawberries, Fruit Juice
- Oatmeal, Yogurt, Strawberries, Fruit Juice

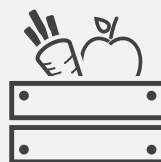
27

- French Toast Sticks, Orange Smiles, Fruit Juice
- Cereal, Yogurt, Orange Smiles, Fruit Juice
- Oatmeal, Yogurt, Orange Smiles, Fruit Juice

28 Mardi Gras

- King Cake Cinnamon Roll, Strawberries, Fruit Juice
- Cereal, Cinnamon Toast, Strawberries, Fruit Juice
- Oatmeal, Cinnamon Toast, Strawberries, Fruit Juice

Harvest



of the 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
- Farhmeier Farms
- Rasa Orchard
- Value Added Products

All Items Prepared Fresh Daily in the Opaa! Kitchen

All grains offered are Whole Grain-Rich

KEY:

- 🍏 = Farm Fresh Product
- 🐷 = May contain peanuts
- 🐷 = Pork



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. •



LUNCH - FEBRUARY 2017

Wellington School District Wellington High School



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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><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>Hamra Farms Fahrmeier Farms Rasa Orchard</p> <p>Value Added Products</p>	<p>1</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Baked Ham 🐷 Mashed Potatoes w/ Gravy, Corn, Grapes, Pears, Hot Roll • Garden Fresh Salad Bar, Pears, Grapes, Hot Roll 	<p>2</p> <ul style="list-style-type: none"> • Bacon Cheeseburger 🐷 • Grilled Chicken Sandwich French Fries, Fresh Garden Salad, Applesauce, Apple 🍏 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 🍏 • Garden Fresh Salad Bar, Mandarin Oranges, Apple 🍏, Italian Bread 	<p>7</p> <ul style="list-style-type: none"> • Chili Dog • Pork Carnitas 🐷 French Fries, Fresh Garden Salad, Cinnamon Apple Slices, Fresh Melon 🍈 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Pineapple, Orange Smiles, Hot Roll 	<p>9</p> <ul style="list-style-type: none"> • BBQ Bacon Cheeseburger Nachos w/ Spanish Rice • Sloppy Joes Fresh Garden Salad, Refried Beans, Pears, Grapes • Garden Fresh Salad Bar, Pears, Grapes, Cornbread 	<p>10</p> <ul style="list-style-type: none"> • Tony's Pizza 🍷 • Buffalo Chicken Calzone Fresh Garden Salad, Tomato Soup, Tropical Fruit, Banana • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Applesauce, Orange Smiles, Italian Bread 	<p>14 Valentine's Day</p> <ul style="list-style-type: none"> • Super Nachos w/ Spanish Rice • Cheeseburger Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Apple 🍏, Strawberry Jello • Garden Fresh Salad Bar, Cornbread, Apple 🍏, Mandarin Oranges, Strawberry Jello 	<p>15</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Fish Patty Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Cantaloupe 🍈, Hot Roll • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Banana Orange Mix, Banana, Fruit Streusel Muffin
<p>20 No School</p>	<p>21</p> <ul style="list-style-type: none"> • Bacon Cheeseburger 🐷 • French Dip French Fries, Fresh Garden Salad, Orange Pineapple Mix, Orange Smiles • Garden Fresh Salad Bar, Orange Pineapple Mix, Orange Smiles, Fruit Streusel Muffin 	<p>22</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Meatloaf Mashed Potatoes w/ Gravy, Corn, Pears, Apple 🍏, Hot Roll • Garden Fresh Salad Bar, Pears, Apple 🍏, Hot Roll 	<p>23</p> <ul style="list-style-type: none"> • BBQ Bacon Cheeseburger Nachos w/ Spanish Rice • Turkey Burger Fresh Garden Salad, Cowboy Beans, Grapes, Applesauce • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Orange Smiles, Cinnamon Apple Slices, Italian Bread 	<p>28 Mardi Gras</p> <ul style="list-style-type: none"> • Chicken Po' Boy • Super Nachos w/ Spanish Rice Refried Beans, Fresh Garden Salad, Mandarin Oranges, Apple 🍏, Goopy Butter Cake Cookie • Garden Fresh Salad Bar, Cornbread, Mandarin Oranges, Apple 🍏, Goopy Butter Cake Cookie 	 <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></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

