



BREAKFAST - FEBRUARY 2017

Wellington School District Wellington Middle School

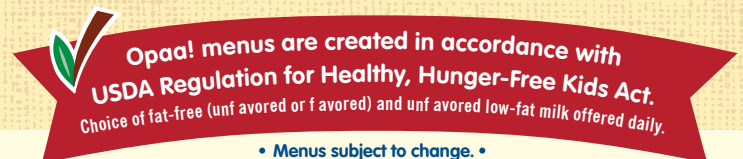


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Don't forget to take the</i></p> <p>"Extreme Fruit and Vegetable Challenge"</p> <p><i>this month!</i></p>	<p> <i>Opaa! designs elementary menus to meet the nutrition targets for</i></p> <p>HealthierUS 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></p> <p>of the Month</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 Farhmeier Farms Rasa Orchard</p> <p>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 Wellington Middle 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>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>1</p> <ul style="list-style-type: none"> • Chicken Patty • Baked Ham 🐷 Mashed Potatoes w/ Gravy, Corn, Grapes, Pears, Hot Roll • Garden Fresh Salad Bar, 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 🍏 • 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, 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 🍏 • Garden Fresh Salad Bar, 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 🍈 • 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, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • 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, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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> <p>🍏 = Farm Fresh Product</p> <p>🍯 = May contain peanuts</p> <p>🐷 = Pork</p>

