



# BREAKFAST - JANUARY 2017

Wellington School District Washington Elementary



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> No School	<b>3</b> No School	<b>4</b> No School	<b>5</b> <ul style="list-style-type: none"> <li>• <b>Breakfast Sliders</b>, Pears, Fruit Juice</li> <li>• <b>Cereal</b>, Toast &amp; Jelly, Pears, Fruit Juice</li> <li>• <b>Oatmeal</b>, Toast &amp; Jelly, Pears, Fruit Juice</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• <b>Biscuits &amp; Gravy</b>, Sausage 🐷, Apple 🍏, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Apple 🍏, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Apple 🍏, Fruit Juice</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>• <b>Pancakes w/ Fruit Topping</b>, Apple 🍏, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Apple 🍏, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Apple 🍏, Fruit Juice</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• <b>Scrambled Eggs</b>, Toast &amp; Jelly, Strawberries, Fruit Juice</li> <li>• <b>Cereal</b>, Toast &amp; Jelly, Strawberries, Fruit Juice</li> <li>• <b>Oatmeal</b>, Toast &amp; Jelly, Strawberries, Fruit Juice</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• <b>Cinnamon Roll</b>, Peaches, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Peaches, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Peaches, Fruit Juice</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• <b>Sausage Pancake on Stick</b> 🐷, Pineapple, Fruit Juice</li> <li>• <b>Cereal</b>, Cinnamon Toast, Pineapple, Fruit Juice</li> <li>• <b>Oatmeal</b>, Cinnamon Toast, Pineapple, Fruit Juice</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• <b>Biscuits &amp; Gravy</b>, Sausage 🐷, Pears, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Pears, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Pears, Fruit Juice</li> </ul>
<b>16</b> No School	<b>17</b> <ul style="list-style-type: none"> <li>• <b>Pancake Sausage Griddle</b> 🐷, Apple 🍏, Fruit Juice</li> <li>• <b>Cereal</b>, Cinnamon Toast, Apple 🍏, Fruit Juice</li> <li>• <b>Oatmeal</b>, Cinnamon Toast, Apple 🍏, Fruit Juice</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• <b>Blueberry Sweet Roll w/ Lemon Glaze</b>, Pineapple, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Pineapple, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Pineapple, Fruit Juice</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• <b>Scrambled Eggs</b>, Toast &amp; Jelly, Orange Smiles, Fruit Juice</li> <li>• <b>Cereal</b>, Toast &amp; Jelly, Orange Smiles, Fruit Juice</li> <li>• <b>Oatmeal</b>, Toast &amp; Jelly, Orange Smiles, Fruit Juice</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• <b>Biscuits &amp; Gravy</b>, Sausage 🐷, Banana, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Banana, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Banana, Fruit Juice</li> </ul>
<b>23</b> <ul style="list-style-type: none"> <li>• <b>Pancakes</b>, Apple 🍏, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Apple 🍏, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Apple 🍏, Fruit Juice</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• <b>Scrambled Eggs</b>, Toast &amp; Jelly, Pears, Fruit Juice</li> <li>• <b>Cereal</b>, Toast &amp; Jelly, Pears, Fruit Juice</li> <li>• <b>Oatmeal</b>, Toast &amp; Jelly, Pears, Fruit Juice</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• <b>Cinnamon Roll</b>, Peaches, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Peaches, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Peaches, Fruit Juice</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• <b>Sausage Pancake on Stick</b> 🐷, Pineapple, Fruit Juice</li> <li>• <b>Cereal</b>, Cinnamon Toast, Pineapple, Fruit Juice</li> <li>• <b>Oatmeal</b>, Cinnamon Toast, Pineapple, Fruit Juice</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• <b>Biscuits &amp; Gravy</b>, Sausage 🐷, Strawberries, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Strawberries, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Strawberries, Fruit Juice</li> </ul>
<b>30</b> <ul style="list-style-type: none"> <li>• <b>French Toast Sticks</b>, Orange Smiles, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Orange Smiles, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Orange Smiles, Fruit Juice</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• <b>Pancake Sausage Griddle</b> 🐷, Strawberries, Fruit Juice</li> <li>• <b>Cereal</b>, Cinnamon Toast, Strawberries, Fruit Juice</li> <li>• <b>Oatmeal</b>, Cinnamon Toast, Strawberries, Fruit Juice</li> </ul>	<div style="text-align: center;"> <h2>Harvest</h2> <h3>of the Month</h3> </div>	<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</b> <b>Farhmeier Farms</b> <b>Rasa Orchard</b> <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 (unflavored or flavored) and unflavored low-fat milk offered daily.

• Menus subject to change. •



# LUNCH - JANUARY 2017

Wellington School District Washington Elementary



menus.opaafood.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> No School</p>	<p><b>3</b> No School</p>	<p><b>4</b> No School</p>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• <b>BBQ Rib on Bun</b> 🐷</li> <li>• <b>Biscuit with Eggs and Bacon</b> 🐷 Tater Tots, Fresh Garden Salad, Pineapple, Apple 🍏</li> <li>• <b>Cobb Salad</b>, Pineapple, Apple 🍏, Fruit Streusel Muffin</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• <b>Cheese Pizza</b></li> <li>• <b>Crispy Chicken Wrap</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>9</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken &amp; Biscuits</b></li> <li>• <b>Ham &amp; Cheddar Melt</b> 🐷 Fresh Garden Salad, Green Beans, Peaches, Fresh Melon 🍌</li> <li>• <b>Italian Chef Salad</b>, Green Beans, Peaches, Fresh Melon 🍌, Italian Bread</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>French Dip</b> Potato Wedges, 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>11</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Meatloaf</b> Mashed Potatoes w/ Gravy, Corn, Pears, Grapes, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Corn, Pears, Grapes, Hot Roll</li> </ul>	<p><b>12</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, Apple 🍏, Applesauce</li> <li>• <b>Taco Salad</b>, Cowboy Beans, Apple 🍏, Applesauce, Cornbread</li> </ul>	<p><b>13</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>16</b> No School</p>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• <b>Super Nachos</b></li> <li>• <b>Chicken Tortilla Soup w/ Cornbread</b> Refried Beans, Fresh Garden Salad, Mandarin Oranges, Apple 🍏</li> <li>• <b>Taco Salad</b>, Refried Beans, Mandarin Oranges, Apple 🍏, Cornbread</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Roasted Pork</b> 🐷 Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Grapes, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Mashed Potatoes w/ Gravy, Pineapple, Grapes, Hot Roll</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• <b>Hot Dog</b></li> <li>• <b>Chili w/ Cinnamon Roll</b> Fresh Garden Salad, French Fries, Orange Smiles, Pears</li> <li>• <b>Cobb Salad</b>, Orange Smiles, Pears, Fruit Streusel Muffin</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• <b>Tony's Pizza</b> 🐷</li> <li>• <b>Parmesan Chicken Sandwich</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>23</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Nuggets w/ Italian Bread</b></li> <li>• <b>Hot Dog Mac &amp; Cheese w/ Italian Bread</b> Fresh Garden Salad, Corn, Peaches, Apple 🍏</li> <li>• <b>Italian Chef Salad</b>, Corn, Peaches, Apple 🍏, Italian Bread</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>Stuffed Taco</b> Tater Tots, Fresh Garden Salad, Mandarin Oranges, Cantaloupe 🍈</li> <li>• <b>Cobb Salad</b>, Mandarin Oranges, Cantaloupe 🍈, Fruit Streusel Muffin</li> </ul>	<p><b>25</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, Orange Smiles, Applesauce, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Glazed Carrots, Orange Smiles, Applesauce, Hot Roll</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Nachos w/ White Queso</b></li> <li>• <b>BBQ Rib on Bun</b> 🐷 Fresh Garden Salad, Texas Pintos, Pineapple, Grapes</li> <li>• <b>Taco Salad</b>, Texas Pintos, Pineapple, Grapes, Cornbread</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• <b>Cheese Pizza</b></li> <li>• <b>Corn Dog</b> Fresh Garden Salad, Fresh Broccoli w/ Dip, Banana, Banana Orange Mix</li> <li>• <b>Popcorn Chicken Salad</b>, Fresh Broccoli w/ Dip, Banana, Banana Orange Mix, Fruit Streusel Muffin</li> </ul>
<p><b>30</b></p> <ul style="list-style-type: none"> <li>• <b>Lasagna w/ Italian Bread</b></li> <li>• <b>Chicken Patty on a Bun</b> Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Apple 🍏</li> <li>• <b>Italian Chef Salad</b>, Cheesy Cauliflower Popcorn, Peaches, Apple 🍏, Italian Bread</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>• <b>Korean BBQ Pork Tacos</b> 🐷</li> <li>• <b>Pizza Quesadilla</b> Fresh Garden Salad, Cowboy Beans, Orange Smiles, Orange Pineapple Mix</li> <li>• <b>Taco Salad</b>, Cowboy Beans, Orange Smiles, Orange Pineapple Mix, Cornbread</li> </ul>	<div style="text-align: center;">  <p><b>HealthierUS School Challenge!</b></p> </div> <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p>	<p style="text-align: center;"><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>

