











BREAKFAST - JANUARY 2017

Wellington School District Wellington High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 No School	4 No School	5 <ul style="list-style-type: none"> • Breakfast Sliders, Pears, Fruit Juice • Cereal, Toast & Jelly, Pears, Fruit Juice • Oatmeal, Toast & Jelly, Pears, Fruit Juice 	6 <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage , Apple , Fruit Juice • Cereal, Yogurt, Apple , Fruit Juice • Oatmeal, Yogurt, Apple , Fruit Juice
9 <ul style="list-style-type: none"> • Pancakes w/ Fruit Topping, Apple , Fruit Juice • Cereal, Yogurt, Apple , Fruit Juice • Oatmeal, Yogurt, Apple , Fruit Juice 	10 <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 	11 <ul style="list-style-type: none"> • Cinnamon Roll, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal, Yogurt, Peaches, Fruit Juice 	12 <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 	13 <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage , Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal, Yogurt, Pears, Fruit Juice
16 No School	17 <ul style="list-style-type: none"> • Pancake Sausage Griddle , Apple , Fruit Juice • Cereal, Cinnamon Toast, Apple , Fruit Juice • Oatmeal, Cinnamon Toast, Apple , Fruit Juice 	18 <ul style="list-style-type: none"> • Blueberry Sweet Roll w/ Lemon Glaze, Pineapple, Fruit Juice • Cereal, Yogurt, Pineapple, Fruit Juice • Oatmeal, Yogurt, Pineapple, Fruit Juice 	19 <ul style="list-style-type: none"> • Scrambled Eggs, Toast & Jelly, Orange Smiles, Fruit Juice • Cereal, Toast & Jelly, Orange Smiles, Fruit Juice • Oatmeal, Toast & Jelly, Orange Smiles, Fruit Juice 	20 <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage , Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal, Yogurt, Banana, Fruit Juice
23 <ul style="list-style-type: none"> • Pancakes, Apple , Fruit Juice • Cereal, Yogurt, Apple , Fruit Juice • Oatmeal, Yogurt, Apple , Fruit Juice 	24 <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 	25 <ul style="list-style-type: none"> • Cinnamon Roll, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal, Yogurt, Peaches, Fruit Juice 	26 <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 	27 <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage , Strawberries, Fruit Juice • Cereal, Yogurt, Strawberries, Fruit Juice • Oatmeal, Yogurt, Strawberries, Fruit Juice
30 <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 	31 <ul style="list-style-type: none"> • Pancake Sausage Griddle , Strawberries, Fruit Juice • Cereal, Cinnamon Toast, Strawberries, Fruit Juice • Oatmeal, Cinnamon Toast, Strawberries, Fruit Juice 	<h2>Harvest</h2>  <h3>of the Month</h3>	 <p><i>Opaal 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> <ul style="list-style-type: none"> Hamra Farms Farhmeier Farms Rasa Orchard <p>Value Added Products</p>	<p>All Items Prepared Fresh Daily in the Opaal! 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



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 Wellington High School



menus.opaafood.com

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

