



# BREAKFAST - MARCH 2017

Wellington School District Kennedy Elementary

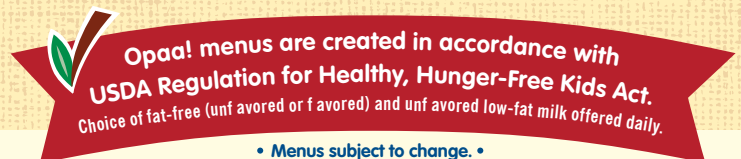


menus.opaafood.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p><b>Harvest</b></p> <p><b>of the Month</b></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• <b>Pancake Sausage Griddle</b> , Pears, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Pears, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Pears, Fruit Juice</li> </ul>	<p><b>2 Dr. Seuss's Birthday</b></p> <ul style="list-style-type: none"> <li>• <b>Green Eggs &amp; Ham</b>, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>• <b>Cereal</b>, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>• <b>Oatmeal</b>, Toast &amp; Jelly, Apple , Fruit Juice</li> </ul>	<p><b>3</b></p> <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>
<p><b>6</b></p> <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>	<p><b>7</b></p> <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>	<p><b>8</b></p> <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>	<p><b>9 New Item!!</b></p> <ul style="list-style-type: none"> <li>• <b>Cheesy Ham and Egg Casserole</b>, Cinnamon Toast, 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>	<p><b>10</b></p> <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>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>• <b>Pancake Sausage Griddle</b> , Peaches, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Peaches, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>14 New Item!!</b></p> <ul style="list-style-type: none"> <li>• <b>French Toast Casserole</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>	<p><b>15</b></p> <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>	<p><b>16</b></p> <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>	<p><b>17 No School</b></p>
<p><b>20 No School</b></p>	<p><b>21 No School</b></p>	<p><b>22 No School</b></p>	<p><b>23 No School</b></p>	<p><b>24 No School</b></p>
<p><b>27</b></p> <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>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• <b>Pancake Sausage Griddle</b> , Cinnamon Apples, Fruit Juice</li> <li>• <b>Cereal</b>, Cinnamon Toast, Cinnamon Apples, Fruit Juice</li> <li>• <b>Oatmeal</b>, Cinnamon Toast, Cinnamon Apples, Fruit Juice</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• <b>Cinnamon Roll</b>, Pears, Fruit Juice</li> <li>• <b>Cereal</b>, Yogurt, Pears, Fruit Juice</li> <li>• <b>Oatmeal</b>, Yogurt, Pears, Fruit Juice</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• <b>Breakfast Sliders</b>, Apple , Fruit Juice</li> <li>• <b>Cereal</b>, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>• <b>Oatmeal</b>, Toast &amp; Jelly, Apple , Fruit Juice</li> </ul>	<p><b>31</b></p> <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>



This institution is an equal opportunity provider.



• Menus subject to change. •



# LUNCH - MARCH 2017

Wellington School District Kennedy Elementary



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p><b>HealthierUS School Challenge!</b></p> <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Roast Turkey</b> Mashed Potatoes w/ Gravy, Glazed Carrots, Grapes, Applesauce, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Glazed Carrots, Grapes, Applesauce, Hot Roll</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Nachos w/ White Queso</b></li> <li>• <b>Smothered Burrito</b> Fresh Garden Salad, Texas Pintos, Pineapple, Apple </li> <li>• <b>Taco Salad</b>, Texas Pintos, Pineapple, Apple , Cornbread</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• <b>Cheese Pizza</b></li> <li>• <b>Fish Tacos</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>6</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, Green Beans, Peaches, Orange Smiles</li> <li>• <b>Italian Chef Salad</b>, Green Beans, Peaches, Orange Smiles, Italian Bread</li> </ul>	<p><b>7</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, Fresh Melon , Orange Pineapple Mix</li> <li>• <b>Taco Salad</b>, Cowboy Beans, Fresh Melon , Orange Pineapple Mix, Cornbread</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Baked Ham</b> </li> <li>• <b>Mashed Potatoes w/ Gravy</b>, Corn, Apple , Pears, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Corn, Pears, Apple , Hot Roll</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>Grilled Chicken Sandwich</b> French Fries, Fresh Garden Salad, Applesauce, Orange Smiles</li> <li>• <b>Cobb Salad</b>, Applesauce, Orange Smiles, Fruit Streusel Muffin</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• <b>Pepperoni Pizza</b></li> <li>• <b>Peanut Butter &amp; Jelly</b>  w/ <b>Cheese Stick</b> Fresh Garden Salad, Baby Carrots w/ Dip, Strawberry Banana Mix, Banana</li> <li>• <b>Popcorn Chicken Salad</b>, Baby Carrots w/ Dip, Strawberry Banana Mix, Banana, Fruit Streusel Muffin</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken &amp; Waffles</b></li> <li>• <b>Turkey &amp; Cheddar Melt</b> Fresh Garden Salad, Cheesy Broccoli, Cinnamon Apple Slices, Grapes</li> <li>• <b>Italian Chef Salad</b>, Cheesy Broccoli, Cinnamon Apple Slices, Grapes, Italian Bread</li> </ul>	<p><b>14 National Pi Day</b></p> <ul style="list-style-type: none"> <li>• <b>Hot Dog</b></li> <li>• <b>Pork Carnitas</b> </li> <li>• <b>French Fries</b>, Fresh Garden Salad, Mandarin Oranges, Apple , Apple Pie Cookie</li> <li>• <b>Cobb Salad</b>, Fruit Streusel Muffin, Mandarin Oranges, Apple , Apple Pie Cookie</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Hamburger Steak</b> Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Orange Smiles, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Mashed Potatoes w/ Gravy, Pineapple, Orange Smiles, Hot Roll</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• <b>Tony's Pizza</b> </li> <li>• <b>Fish Sandwich</b> Fresh Garden Salad, Tomato Soup, Pears, Fresh Fruit </li> <li>• <b>Popcorn Chicken Salad</b>, Tomato Soup, Pears, Fresh Fruit , Fruit Streusel Muffin</li> </ul>	<p><b>17 No School</b></p>
<p><b>20 No School</b></p>	<p><b>21 No School</b></p>	<p><b>22 No School</b></p>	<p><b>23 No School</b></p>	<p><b>24 No School</b></p>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Alfredo w/ Italian Bread</b></li> <li>• <b>Turkey Club Wrap</b> Fresh Garden Salad, Green Beans, Peaches, Orange Smiles</li> <li>• <b>Mandarin Orange Chicken Salad</b>, Green Beans, Peaches, Orange Smiles, Italian Bread</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>Grilled Chicken Sandwich</b> French Fries, Fresh Garden Salad, Orange Pineapple Mix, Grapes</li> <li>• <b>Cobb Salad</b>, Orange Pineapple Mix, Grapes, Fruit Streusel Muffin</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Baked Ham</b> </li> <li>• <b>Mashed Potatoes w/ Gravy</b>, Corn, Pears, Apple , Hot Roll</li> <li>• <b>Strawberry Chicken Salad</b>, Corn, Pears, Apple , Hot Roll</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• <b>BBQ Bacon Cheeseburger Nachos</b></li> <li>• <b>Chicken &amp; Cheese Quesadilla</b> Fresh Garden Salad, Cowboy Beans, Orange Smiles, Applesauce</li> <li>• <b>Taco Salad</b>, Cowboy Beans, Orange Smiles, Applesauce, Cornbread</li> </ul>	<p><b>31 Sweet Treat Day</b></p> <ul style="list-style-type: none"> <li>• <b>Pepperoni Pizza</b></li> <li>• <b>Grilled Cheese Sandwich</b> Baby Carrots w/ Dip, Fresh Garden Salad, Banana, Strawberry Banana Mix, Peach Crumb Bars</li> <li>• <b>Popcorn Chicken Salad</b>, Baby Carrots w/ Dip, Fruit Streusel Muffin, Banana, Strawberry Banana Mix, Peach Crumb Bars</li> </ul>

