



# BREAKFAST - MARCH 2017

Wellington School District Wellington High School

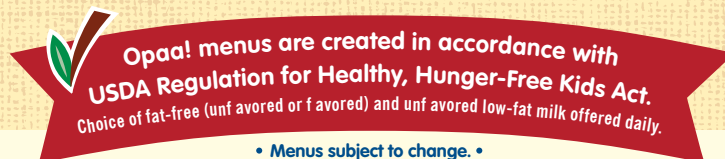


menus.opaafood.com

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>Pancake Sausage Griddle , Pears, Fruit Juice</li> <li>Cereal, Yogurt, Pears, Fruit Juice</li> <li>Oatmeal, Yogurt, Pears, Fruit Juice</li> </ul>	<p><b>2 Dr. Seuss's Birthday</b></p> <ul style="list-style-type: none"> <li>Green Eggs &amp; Ham, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>Oatmeal, Toast &amp; Jelly, Apple , Fruit Juice</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Biscuits &amp; Gravy, Sausage , Banana, Fruit Juice</li> <li>Cereal, Yogurt, Banana, Fruit Juice</li> <li>Oatmeal, Yogurt, Banana, Fruit Juice</li> </ul>
<p><b>6</b></p> <ul style="list-style-type: none"> <li>Pancakes w/ Fruit Topping, Apple , Fruit Juice</li> <li>Cereal, Yogurt, Apple , Fruit Juice</li> <li>Oatmeal, Yogurt, Apple , Fruit Juice</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>Scrambled Eggs, Toast &amp; Jelly, Strawberries, Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Strawberries, Fruit Juice</li> <li>Oatmeal, Toast &amp; Jelly, Strawberries, Fruit Juice</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>Cinnamon Roll, Peaches, Fruit Juice</li> <li>Cereal, Yogurt, Peaches, Fruit Juice</li> <li>Oatmeal, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>9 New Item!!</b></p> <ul style="list-style-type: none"> <li>Cheesy Ham and Egg Casserole, Cinnamon Toast, Pineapple, Fruit Juice</li> <li>Cereal, Cinnamon Toast, Pineapple, Fruit Juice</li> <li>Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Biscuits &amp; Gravy, Sausage , Pears, Fruit Juice</li> <li>Cereal, Yogurt, Pears, Fruit Juice</li> <li>Oatmeal, Yogurt, Pears, Fruit Juice</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>Pancake Sausage Griddle , Peaches, Fruit Juice</li> <li>Cereal, Yogurt, Peaches, Fruit Juice</li> <li>Oatmeal, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>14 New Item!!</b></p> <ul style="list-style-type: none"> <li>French Toast Casserole, Apple , Fruit Juice</li> <li>Cereal, Cinnamon Toast, Apple , Fruit Juice</li> <li>Oatmeal, Cinnamon Toast, Apple , Fruit Juice</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>Blueberry Sweet Roll w/ Lemon Glaze, Pineapple, Fruit Juice</li> <li>Cereal, Yogurt, Pineapple, Fruit Juice</li> <li>Oatmeal, Yogurt, Pineapple, Fruit Juice</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>Scrambled Eggs, Toast &amp; Jelly, Orange Smiles, Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Orange Smiles, Fruit Juice</li> <li>Oatmeal, 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>French Toast Sticks, Orange Smiles, Fruit Juice</li> <li>Cereal, Yogurt, Orange Smiles, Fruit Juice</li> <li>Oatmeal, Yogurt, Orange Smiles, Fruit Juice</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>Pancake Sausage Griddle , Cinnamon Apples, Fruit Juice</li> <li>Cereal, Cinnamon Toast, Cinnamon Apples, Fruit Juice</li> <li>Oatmeal, Cinnamon Toast, Cinnamon Apples, Fruit Juice</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>Cinnamon Roll, Pears, Fruit Juice</li> <li>Cereal, Yogurt, Pears, Fruit Juice</li> <li>Oatmeal, Yogurt, Pears, Fruit Juice</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>Breakfast Sliders, Apple , Fruit Juice</li> <li>Cereal, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>Oatmeal, Toast &amp; Jelly, Apple , Fruit Juice</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>Biscuits &amp; Gravy, Sausage , Banana, Fruit Juice</li> <li>Cereal, Yogurt, Banana, Fruit Juice</li> <li>Oatmeal, Yogurt, Banana, Fruit Juice</li> </ul>



This institution is an equal opportunity provider.



• Menus subject to change. •

© 2015 Opaa! Food Management, Inc.



# LUNCH - MARCH 2017

Wellington School District Wellington High School



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

All Items Prepared Fresh Daily in the Opaa! Kitchen

All grains offered are Whole Grain-Rich

KEY:

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



Opaa! designs elementary menus to meet the nutrition targets for

### HealthierUS School Challenge!

6

- Lasagna w/ Italian Bread
- Spicy Chicken Patty Sandwich  
Fresh Garden Salad, Green Beans, Peaches, Orange Smiles
- Garden Fresh Salad Bar, Green Beans, Peaches, Orange Smiles, Italian Bread

7

- Korean BBQ Pork Tacos
- Pizza Quesadilla  
Fresh Garden Salad, Cowboy Beans, Fresh Melon , Orange Pineapple Mix
- Garden Fresh Salad Bar, Cowboy Beans, Fresh Melon , Orange Pineapple Mix, Cornbread

8

- Chicken Patty / Spicy Chicken Patty
- Baked Ham   
Mashed Potatoes w/ Gravy, Corn, Apple , Pears, Hot Roll
- Garden Fresh Salad Bar, Corn, Pears, Apple , Hot Roll

9

- Bacon Cheeseburger
- Grilled Chicken Sandwich  
French Fries, Fresh Garden Salad, Applesauce, Orange Smiles
- Garden Fresh Salad Bar, Applesauce, Orange Smiles, Fruit Streusel Muffin

10

- 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

13

- Chicken & Waffles
- Turkey & Cheddar Melt  
Fresh Garden Salad, Cheesy Broccoli, Cinnamon Apple Slices, Grapes
- Garden Fresh Salad Bar, Cheesy Broccoli, Cinnamon Apple Slices, Grapes, Italian Bread

14 National Pi Day

- BBQ Bacon Wrapped Hot Dog
- Pork Carnitas   
French Fries, Fresh Garden Salad, Mandarin Oranges, Apple , Apple Pie Cookie
- Garden Fresh Salad Bar, Fruit Streusel Muffin, Mandarin Oranges, Apple , Apple Pie Cookie

15

- Chicken Patty / Spicy 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

16

- Tony's Pizza
- Fish Sandwich  
Fresh Garden Salad, Tomato Soup, Pears, Fresh Fruit
- Garden Fresh Salad Bar, Tomato Soup, Pears, Fresh Fruit , Fruit Streusel Muffin

17 No School

20 No School

21 No School

22 No School

23 No School

24 No School

27

- Chicken Alfredo w/ Italian Bread
- Turkey Club Wrap  
Fresh Garden Salad, Green Beans, Peaches, Orange Smiles
- Garden Fresh Salad Bar, Green Beans, Peaches, Orange Smiles, Italian Bread

28

- Cheeseburger
- Grilled Chicken Sandwich  
French Fries, Fresh Garden Salad, Orange Pineapple Mix, Grapes
- Garden Fresh Salad Bar, Orange Pineapple Mix, Grapes, Fruit Streusel Muffin

29

- Chicken Patty / Spicy Chicken Patty
- Baked Ham   
Mashed Potatoes w/ Gravy, Corn, Pears, Apple , Hot Roll
- Garden Fresh Salad Bar, Corn, Pears, Apple , Hot Roll

30

- BBQ Bacon Cheeseburger Nachos w/ Spanish Rice
- Chicken & Cheese Quesadilla  
Fresh Garden Salad, Cowboy Beans, Orange Smiles, Applesauce
- Garden Fresh Salad Bar, Cowboy Beans, Orange Smiles, Applesauce, Cornbread

31 Sweet Treat Day

- Taco Pizza
- Grilled Cheese Sandwich  
Baby Carrots w/ Dip, Fresh Garden Salad, Banana, Strawberry Banana Mix, Peach Crumb Bars
- Garden Fresh Salad Bar, Baby Carrots w/ Dip, Fruit Streusel Muffin, Banana, Strawberry Banana Mix, Peach Crumb Bars

# FEED YOUR BRAIN!