



BREAKFAST - MARCH 2017

Wellington School District Wellington Middle School

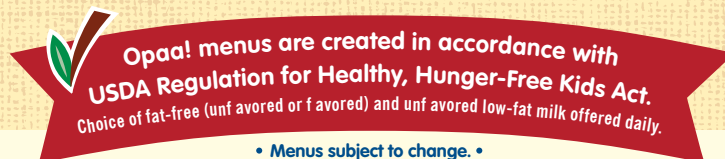


menus.opaafood.com

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>Harvest</p> <p>of the Month</p>	<p>1</p> <ul style="list-style-type: none"> • Pancake Sausage Griddle , Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal, Yogurt, Pears, Fruit Juice 	<p>2 Dr. Seuss's Birthday</p> <ul style="list-style-type: none"> • Green Eggs & Ham, Toast & Jelly, 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 New Item!!</p> <ul style="list-style-type: none"> • Cheesy Ham and Egg Casserole, Cinnamon Toast, Pineapple, Fruit Juice • Cereal, Cinnamon Toast, Pineapple, Fruit Juice • Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice 	<p>10</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage , Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal, Yogurt, Pears, 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 New Item!!</p> <ul style="list-style-type: none"> • French Toast Casserole, 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, Pineapple, Fruit Juice • Cereal, Yogurt, Pineapple, Fruit Juice • Oatmeal, Yogurt, Pineapple, Fruit Juice 	<p>16</p> <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 	<p>17 No School</p>
<p>20 No School</p>	<p>21 No School</p>	<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>
<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</p> <ul style="list-style-type: none"> • Pancake Sausage Griddle , Cinnamon Apples, Fruit Juice • Cereal, Cinnamon Toast, Cinnamon Apples, Fruit Juice • Oatmeal, Cinnamon Toast, Cinnamon Apples, Fruit Juice 	<p>29</p> <ul style="list-style-type: none"> • Cinnamon Roll, Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal, Yogurt, Pears, Fruit Juice 	<p>30</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>31</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage , Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal, Yogurt, Banana, Fruit Juice



This institution is an equal opportunity provider.



• Menus subject to change. •



LUNCH - MARCH 2017

Wellington School District Wellington Middle School



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

