



BREAKFAST - MAY 2017

Wellington School District Lincoln Elementary

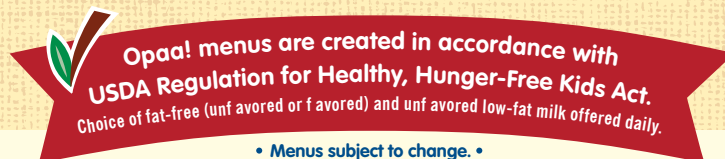


menus.opaafood.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • Pancakes w/ Fruit Topping, Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal, Yogurt, Pears, Fruit Juice 	2 <ul style="list-style-type: none"> • Scrambled Eggs, Toast & Jelly, Apple 🍏, Fruit Juice • Cereal, Toast & Jelly, Apple 🍏, Fruit Juice • Oatmeal, Toast & Jelly, Apple 🍏, Fruit Juice 	3 <ul style="list-style-type: none"> • Cinnamon Roll, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal, Yogurt, Peaches, Fruit Juice 	4 <ul style="list-style-type: none"> • Sausage Pancake on Stick 🍖, Pineapple, Fruit Juice, Fruit Streusel Muffin • Cereal, Cinnamon Toast, Pineapple, Fruit Juice • Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice 	5 School Lunch Hero Day! <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Strawberries, Fruit Juice • Cereal, Yogurt, Strawberries, Fruit Juice • Oatmeal, Yogurt, Strawberries, Fruit Juice
8 <ul style="list-style-type: none"> • French Toast Casserole, Apple 🍏, Fruit Juice • Cereal, Yogurt, Apple 🍏, Fruit Juice • Oatmeal, Yogurt, Apple 🍏, Fruit Juice 	9 <ul style="list-style-type: none"> • Pancake Sausage Griddle 🍖, Grapes, Fruit Juice • Cereal, Cinnamon Toast, Grapes, Fruit Juice • Oatmeal, Cinnamon Toast, Grapes, Fruit Juice 	10 <ul style="list-style-type: none"> • Blueberry Sweet Roll w/ Lemon Glaze, Orange Smiles, Fruit Juice • Cereal, Yogurt, Orange Smiles, Fruit Juice • Oatmeal, Yogurt, Orange Smiles, Fruit Juice 	11 <ul style="list-style-type: none"> • Scrambled Eggs, Toast & Jelly, Peaches, Fruit Juice • Cereal, Toast & Jelly, Peaches, Fruit Juice • Oatmeal, Toast & Jelly, Peaches, Fruit Juice 	12 <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal, Yogurt, Banana, Fruit Juice
15 <ul style="list-style-type: none"> • Pancakes, Strawberries, Fruit Juice • Cereal, Yogurt, Strawberries, Fruit Juice • Oatmeal, Yogurt, Strawberries, Fruit Juice 	16 <ul style="list-style-type: none"> • Scrambled Eggs, Toast & Jelly, Grapes, Fruit Juice • Cereal, Toast & Jelly, Grapes, Fruit Juice • Oatmeal, Toast & Jelly, Grapes, Fruit Juice 	17 <ul style="list-style-type: none"> • Cinnamon Roll, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal, Yogurt, Peaches, Fruit Juice 	18 <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 	19 <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal, Yogurt, Banana, Fruit Juice
22 <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 	23 <ul style="list-style-type: none"> • Pancake Sausage Griddle 🍖, Pears, Fruit Juice • Cereal, Cinnamon Toast, Pears, Fruit Juice • Oatmeal, Cinnamon Toast, Pears, Fruit Juice 	24 No School	25 No School	26 No School
29	30	31	<div> <h2>Harvest</h2> <h2>of the Month</h2> </div> <div> <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> </div>	



This institution is an equal opportunity provider.



• Menus subject to change. •

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LUNCH - MAY 2017

Wellington School District Lincoln Elementary



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Hamburger Mac N Cheese w/ Italian Bread Fresh Garden Salad, Corn, Applesauce, Orange Smiles • Mandarin Orange Chicken Salad, Corn, Applesauce, Orange Smiles, Italian Bread 	2 <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso • Cheeseburger Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Melon 🍈 • Taco Salad, Texas Pintos, Mandarin Oranges, Fresh Melon 🍈, Cornbread 	3 <ul style="list-style-type: none"> • Chicken Patty • Fish Patty Mashed Potatoes w/ Gravy, Glazed Carrots, Pineapple, Grapes, Hot Roll • Strawberry Chicken Salad, Glazed Carrots, Pineapple, Grapes, Hot Roll 	4 <ul style="list-style-type: none"> • BBQ Rib on Bun 🍖 • Stuffed Taco Tater Tots, Fresh Garden Salad, Peaches, Apple 🍏 • Cobb Salad, Peaches, Apple 🍏, Fruit Streusel Muffin 	5 School Lunch Hero Day! <ul style="list-style-type: none"> • Cheese Pizza • Corn Dog Fresh Garden Salad, Fresh Broccoli w/ Dip, Banana Orange Mix, Banana • Popcorn Chicken Salad, Fresh Broccoli w/ Dip, Banana Orange Mix, Banana, Fruit Streusel Muffin
8 <ul style="list-style-type: none"> • Chicken Alfredo w/ Italian Bread • Turkey Club Wrap Fresh Garden Salad, Green Beans, Peaches, Grapes • Mandarin Orange Chicken Salad, Green Beans, Peaches, Grapes, Italian Bread 	9 <ul style="list-style-type: none"> • Cheeseburger • Grilled Chicken Sandwich French Fries, Fresh Garden Salad, Orange Pineapple Mix, Orange Smiles • Cobb Salad, Orange Pineapple Mix, Orange Smiles, Fruit Streusel Muffin 	10 <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 	11 <ul style="list-style-type: none"> • Soft Tacos • Chicken & Cheese Quesadilla Fresh Garden Salad, Cowboy Beans, Orange Smiles, Applesauce • Taco Salad, Cowboy Beans, Orange Smiles, Applesauce, Cornbread 	12 <ul style="list-style-type: none"> • Pepperoni Pizza • Peanut Butter & Jelly 🍪 w/ Yogurt Baby Carrots w/ Dip, Fresh Garden Salad, Banana, Strawberry Banana Mix • Popcorn Chicken Salad, Baby Carrots w/ Dip, Banana, Strawberry Banana Mix, Fruit Streusel Muffin
15 <ul style="list-style-type: none"> • Popcorn Chicken w/ Italian Bread • Sloppy Joes Fresh Garden Salad, Steamed Broccoli, Orange Smiles, Cinnamon Apple Slices • Mandarin Orange Chicken Salad, Steamed Broccoli, Orange Smiles, Cinnamon Apple Slices, Italian Bread 	16 <ul style="list-style-type: none"> • BBQ Pork on Bun 🍖 • Beef Enchiladas Refried Beans, Fresh Garden Salad, Mandarin Oranges, Apple 🍏 • Taco Salad, Refried Beans, Mandarin Oranges, Apple 🍏, Cornbread 	17 <ul style="list-style-type: none"> • Chicken Patty • Hamburger Steak Mashed Potatoes w/ Gravy, Green Beans, Applesauce, Grapes, Hot Roll • Strawberry Chicken Salad, Mashed Potatoes w/ Gravy, Applesauce, Grapes, Hot Roll 	18 <ul style="list-style-type: none"> • Hot Dog • Korean BBQ Pork Tacos 🍖 Fresh Garden Salad, French Fries, Apple 🍏, Pears • Cobb Salad, Apple 🍏, Pears, Fruit Streusel Muffin 	19 <ul style="list-style-type: none"> • Tony's Pizza 🍕 • Pepperoni Calzone Fresh Garden Salad, Baby Carrots w/ Dip, Tropical Fruit, Banana • Popcorn Chicken Salad, Baby Carrots w/ Dip, Tropical Fruit, Banana, Fruit Streusel Muffin
22 <ul style="list-style-type: none"> • Cheeseburger • Stuffed Taco Fresh Garden Salad, Tater Tots, Applesauce, Orange Smiles • Mandarin Orange Chicken Salad, Corn, Applesauce, Orange Smiles, Fruit Streusel Muffin 	23 <ul style="list-style-type: none"> • Cheese Pizza • Corn Dog Fresh Broccoli w/ Dip, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 • Cobb Salad, Mandarin Oranges, Fresh Fruit 🍏, Fruit Streusel Muffin 	24 No School	25 No School	26 No School
29	30	31	<div>  <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p>HealthierUS School Challenge!</p> </div> <div> <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> </div>	

