



# BREAKFAST - MAY 2017

Wellington School District Washington Elementary



menus.opaafood.com

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

All Items Prepared Fresh Daily in the Opaa! Kitchen

All grains offered are Whole Grain-Rich

KEY:

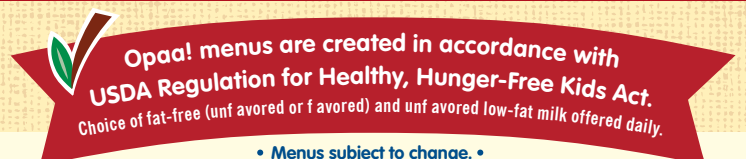
🍏 = Farm Fresh Product

🥜 = May contain peanuts

🐷 = Pork



This institution is an equal opportunity provider.



• Menus subject to change. •



# LUNCH - MAY 2017

Wellington School District Washington Elementary



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

