



# BREAKFAST - MAY 2017

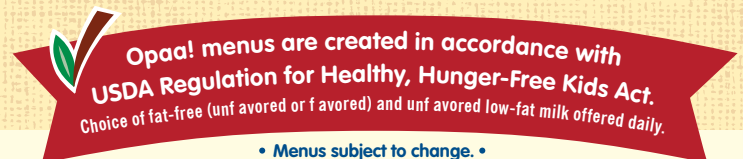
Wellington School District Wellington High School



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <b>1</b> <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>Orange Roll</b>, Yogurt, Pears, Fruit Juice</li> </ul>                | <b>2</b> <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>Orange Roll</b>, Toast &amp; Jelly, Apple 🍏, Fruit Juice</li> </ul> | <b>3</b> <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>Orange Roll</b>, Yogurt, Peaches, Fruit Juice</li> </ul>                                      | <b>4</b> <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>Orange Roll</b>, Cinnamon Toast, Pineapple, Fruit Juice</li> </ul>   | <b>5 School Lunch Hero Day!</b> <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>Orange Roll</b>, Yogurt, Strawberries, Fruit Juice</li> </ul> |
| <b>8</b> <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>                 | <b>9</b> <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>                      | <b>10</b> <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> | <b>11</b> <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>   | <b>12</b> <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>   |
| <b>15</b> <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>               | <b>16</b> <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>       | <b>17</b> <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>   | <b>18</b> <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>  | <b>19</b> <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>   |
| <b>22</b> <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> | <b>23</b> <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>                        | <b>24 No School</b>   | <b>25 No School</b>   | <b>26 No School</b>  |
| <b>29</b>   | <b>30</b>  | <b>31</b>   | <div>  <p><b>Harvest of the Month</b></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> |  |



This institution is an equal opportunity provider.



• Menus subject to change. •



# LUNCH - MAY 2017

Wellington School District Wellington High School



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <b>1</b> <ul style="list-style-type: none"> <li>• Chicken Nuggets w/ Italian Bread</li> <li>• Hamburger Mac N Cheese w/ Italian Bread</li> <li>Fresh Garden Salad, Corn, Applesauce, Orange Smiles</li> <li>• Garden Fresh Salad Bar, Applesauce, Orange Smiles, Italian Bread</li> </ul>       | <b>2</b> <ul style="list-style-type: none"> <li>• Chicken Nachos w/ White Queso &amp; Spanish Rice</li> <li>• Bacon Cheeseburger 🍖</li> <li>Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Melon 🍈</li> <li>• Garden Fresh Salad Bar, Mandarin Oranges, Fresh Melon 🍈, Cornbread</li> </ul> | <b>3</b> <ul style="list-style-type: none"> <li>• Chicken Patty / Spicy Chicken Patty</li> <li>• Fish Patty</li> <li>Mashed Potatoes w/ Gravy, Glazed Carrots, Pineapple, Grapes, Hot Roll</li> <li>• Garden Fresh Salad Bar, Pineapple, Grapes, Hot Roll</li> </ul>      | <b>4</b> <ul style="list-style-type: none"> <li>• BBQ Rib on Bun 🍖</li> <li>• Stuffed Taco</li> <li>Tater Tots, Fresh Garden Salad, Peaches, Apple 🍏</li> <li>• Garden Fresh Salad Bar, Peaches, Apple 🍏, Fruit Streusel Muffin</li> </ul>  | <b>5</b> School Lunch Hero Day! <ul style="list-style-type: none"> <li>• Taco Pizza</li> <li>• Corn Dog</li> <li>Fresh Garden Salad, Fresh Broccoli w/ Dip, Banana Orange Mix, Banana</li> <li>• Garden Fresh Salad Bar, Banana Orange Mix, Banana, Fruit Streusel Muffin</li> </ul>                   |
| <b>8</b> <ul style="list-style-type: none"> <li>• Chicken Alfredo w/ Garlic Bread</li> <li>• Turkey Club Wrap</li> <li>Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Grapes</li> <li>• Garden Fresh Salad Bar, Peaches, Grapes, Garlic Bread</li> </ul>                              | <b>9</b> <ul style="list-style-type: none"> <li>• Bacon Cheeseburger 🍖</li> <li>• Grilled Chicken Sandwich</li> <li>French Fries, Fresh Garden Salad, Orange Pineapple Mix, Orange Smiles</li> <li>• Garden Fresh Salad Bar, Orange Pineapple Mix, Orange Smiles, Fruit Streusel Muffin</li> </ul>     | <b>10</b> <ul style="list-style-type: none"> <li>• Chicken Patty / Spicy Chicken Patty</li> <li>• Baked Ham 🍖</li> <li>Mashed Potatoes w/ Gravy, Corn, Pears, Apple 🍏, Hot Roll</li> <li>• Garden Fresh Salad Bar, Pears, Apple 🍏, Hot Roll</li> </ul>                    | <b>11</b> <ul style="list-style-type: none"> <li>• Soft Tacos</li> <li>• Chicken &amp; Cheese Quesadilla</li> <li>Fresh Garden Salad, Cowboy Beans, Orange Smiles, Applesauce</li> <li>• Garden Fresh Salad Bar, Orange Smiles, Applesauce, Cornbread</li> </ul>  | <b>12</b> <ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Peanut Butter &amp; Jelly 🍪 w/ Yogurt</li> <li>Baby Carrots w/ Dip, Fresh Garden Salad, Banana, Strawberry Banana Mix</li> <li>• Garden Fresh Salad Bar, Banana, Strawberry Banana Mix, Fruit Streusel Muffin</li> </ul> |
| <b>15</b> <ul style="list-style-type: none"> <li>• Chicken Strips w/ Italian Bread</li> <li>• Sloppy Joes</li> <li>Fresh Garden Salad, Steamed Broccoli, Orange Smiles, Cinnamon Apple Slices</li> <li>• Garden Fresh Salad Bar, Orange Smiles, Cinnamon Apple Slices, Italian Bread</li> </ul> | <b>16</b> <ul style="list-style-type: none"> <li>• BBQ Pork on Bun 🍖</li> <li>• Beef Enchiladas</li> <li>Refried Beans, Fresh Garden Salad, Mandarin Oranges, Apple 🍏</li> <li>• Garden Fresh Salad Bar, Mandarin Oranges, Apple 🍏, Cornbread</li> </ul>   | <b>17</b> <ul style="list-style-type: none"> <li>• Chicken Patty / Spicy Chicken Patty</li> <li>• Hamburger Steak</li> <li>Mashed Potatoes w/ Gravy, Green Beans, Applesauce, Grapes, Hot Roll</li> <li>• Garden Fresh Salad Bar, Applesauce, Grapes, Hot Roll</li> </ul> | <b>18</b> <ul style="list-style-type: none"> <li>• Hot Dog</li> <li>• Korean BBQ Pork Tacos 🍖</li> <li>Fresh Garden Salad, French Fries, Apple 🍏, Pears</li> <li>• Garden Fresh Salad Bar, Apple 🍏, Pears, Fruit Streusel Muffin</li> </ul>   | <b>19</b> <ul style="list-style-type: none"> <li>• Tony's Pizza 🍕</li> <li>• Pepperoni Calzone</li> <li>Fresh Garden Salad, Baby Carrots w/ Dip, Tropical Fruit, Banana</li> <li>• Garden Fresh Salad Bar, Tropical Fruit, Banana, Fruit Streusel Muffin</li> </ul>                                    |
| <b>22</b> <ul style="list-style-type: none"> <li>• Bacon Cheeseburger 🍖</li> <li>• Stuffed Taco</li> <li>Fresh Garden Salad, Tater Tots, Applesauce, Orange Smiles</li> <li>• Garden Fresh Salad Bar, Applesauce, Orange Smiles, Italian Bread</li> </ul>                                       | <b>23</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Corn Dog</li> <li>Fresh Broccoli w/ Dip, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏</li> <li>• Garden Fresh Salad Bar, 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>   | <div>  <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p><b>HealthierUS School Challenge!</b></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> |  |

