



BREAKFAST - MAY 2017

Wellington School District Wellington Middle School



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> • Pancakes w/ Fruit Topping, Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal, Yogurt, Pears, Fruit Juice 	<p>2</p> <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 	<p>3</p> <ul style="list-style-type: none"> • Cinnamon Roll, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal, Yogurt, Peaches, Fruit Juice 	<p>4</p> <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 	<p>5 School Lunch Hero Day!</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🐷, Strawberries, Fruit Juice • Cereal, Yogurt, Strawberries, Fruit Juice • Oatmeal, Yogurt, Strawberries, Fruit Juice
<p>8</p> <ul style="list-style-type: none"> • French Toast Casserole, Apple 🍏, Fruit Juice • Cereal, Yogurt, Apple 🍏, Fruit Juice • Oatmeal, Yogurt, Apple 🍏, Fruit Juice 	<p>9</p> <ul style="list-style-type: none"> • Pancake Sausage Griddle 🐷, Grapes, Fruit Juice • Cereal, Cinnamon Toast, Grapes, Fruit Juice • Oatmeal, Cinnamon Toast, Grapes, Fruit Juice 	<p>10</p> <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 	<p>11</p> <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 	<p>12</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🐷, Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal, Yogurt, Banana, Fruit Juice
<p>15</p> <ul style="list-style-type: none"> • Pancakes, Strawberries, Fruit Juice • Cereal, Yogurt, Strawberries, Fruit Juice • Oatmeal, Yogurt, Strawberries, Fruit Juice 	<p>16</p> <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 	<p>17</p> <ul style="list-style-type: none"> • Cinnamon Roll, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal, Yogurt, Peaches, Fruit Juice 	<p>18</p> <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 	<p>19</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🐷, Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal, Yogurt, Banana, Fruit Juice
<p>22</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>23</p> <ul style="list-style-type: none"> • Pancake Sausage Griddle 🐷, Pears, Fruit Juice • Cereal, Cinnamon Toast, Pears, Fruit Juice • Oatmeal, Cinnamon Toast, Pears, Fruit Juice 	<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>Harvest</p>  <p>of the Month</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.

Opaa! menus are created in accordance with USDA Regulation for Healthy, Hunger-Free Kids Act. Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered daily.

• Menus subject to change. •



LUNCH - MAY 2017

Wellington School District Wellington Middle School



menus.opaafood.com

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 • Garden Fresh Salad Bar, 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 🍈 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Pineapple, Grapes, Hot Roll 	4	<ul style="list-style-type: none"> • BBQ Rib on Bun 🍖 • Stuffed Taco Tater Tots, Fresh Garden Salad, Peaches, Apple 🍏 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Pears, Apple 🍏, Hot Roll 	11	<ul style="list-style-type: none"> • Soft Tacos • Chicken & Cheese Quesadilla Fresh Garden Salad, Cowboy Beans, Orange Smiles, Applesauce • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 🍏 • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Applesauce, Grapes, Hot Roll 	18	<ul style="list-style-type: none"> • Hot Dog • Korean BBQ Pork Tacos 🍖 Fresh Garden Salad, French Fries, Apple 🍏, Pears • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, Tropical Fruit, Banana, Fruit Streusel Muffin 	
22	<ul style="list-style-type: none"> • Cheeseburger • Stuffed Taco Fresh Garden Salad, Tater Tots, Applesauce, Orange Smiles • Garden Fresh Salad Bar, 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 🍏 • Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit 🍏, Fruit Streusel Muffin 	24	No School		25	No School		
29		30		31	 <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p>HealthierUS School Challenge!</p>		<p>All Items Prepared Fresh Daily in the Opaa! Kitchen</p> <p>All grains offered are Whole Grain-Rich</p> <p>KEY:</p> <ul style="list-style-type: none"> 🍏 = Farm Fresh Product 🍪 = May contain peanuts 🍖 = Pork 			

