

# BREAKFAST - APRIL 2017

Oran R-3 School District Oran Elementary



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><b>Harvest</b></p> <p><b>of the Month</b></p>	<p><b>HealthierUS School Challenge!</b></p> <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p>	<p><b>Farm to School</b></p> <p><i>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</i></p> <p>Partnering with us in this endeavor are the following</p> <p><b>Hamra Farms Farhmeier Farms Rasa Orchard</b></p> <p><b>Value Added Products</b></p>	<p><i>Don't forget to take the</i></p> <p><b>"Extreme Fruit and Vegetable Challenge"</b></p> <p><i>this month!</i></p>
<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Pancakes w/ Fruit Topping, Pears, Fruit Juice</li> <li>• Sausage Biscuit , Pears, Fruit Juice</li> <li>• Cereal, Yogurt, Pears, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Pears, Fruit Juice</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Baked Omelet, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>• Strawberry Shortcake Biscuits, Apple , Fruit Juice</li> <li>• Cereal, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>• Oatmeal Bar, Toast &amp; Jelly, Apple , Fruit Juice</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Cinnamon Roll, Peaches, Fruit Juice</li> <li>• Egg &amp; Cheese Bagel, Peaches, Fruit Juice</li> <li>• Cereal, Yogurt, Peaches, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Sausage Pancake on Stick , Pineapple, Fruit Juice</li> <li>• Yogurt, Fruit Streusel Muffin, Pineapple, Fruit Juice</li> <li>• Cereal, Cinnamon Toast, Pineapple, Fruit Juice</li> <li>• Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Biscuits &amp; Gravy, Sausage , Strawberries, Fruit Juice</li> <li>• Mini Pancakes, Strawberries, Fruit Juice</li> <li>• Cereal, Yogurt, Strawberries, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Strawberries, Fruit Juice</li> </ul>
<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Chocolate French Toast, Peaches, Fruit Juice</li> <li>• Breakfast Pizza, Peaches, Fruit Juice</li> <li>• Cereal, Yogurt, Peaches, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Pancake Sausage Griddle , Apple , Fruit Juice</li> <li>• Yogurt, Fruit Streusel Muffin, Apple , Fruit Juice</li> <li>• Cereal, Cinnamon Toast, Apple , Fruit Juice</li> <li>• Oatmeal Bar, Cinnamon Toast, Apple , Fruit Juice</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Cinnamon Roll, Banana, Fruit Juice</li> <li>• Breakfast Nachos, Banana, Fruit Juice</li> <li>• Cereal, Yogurt, Banana, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Banana, Fruit Juice</li> </ul>	<p><b>13</b> No School</p>	<p><b>14</b> No School</p>
<p><b>17</b> No School</p>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Baked Omelet, Toast &amp; Jelly, Banana, Fruit Juice</li> <li>• Blueberry Crumb Cake, Banana, Fruit Juice</li> <li>• Cereal, Toast &amp; Jelly, Banana, Fruit Juice</li> <li>• Oatmeal Bar, Toast &amp; Jelly, Banana, Fruit Juice</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Cinnamon Roll, Peaches, Fruit Juice</li> <li>• Egg &amp; Cheese Bagel, Peaches, Fruit Juice</li> <li>• Cereal, Yogurt, Peaches, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Peaches, Fruit Juice</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Sausage Pancake on Stick , Pineapple, Fruit Juice</li> <li>• Yogurt, Fruit Streusel Muffin, Pineapple, Fruit Juice</li> <li>• Cereal, Cinnamon Toast, Pineapple, Fruit Juice</li> <li>• Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Biscuits &amp; Gravy, Sausage , Strawberries, Fruit Juice</li> <li>• Mini Pancakes, Strawberries, Fruit Juice</li> <li>• Cereal, Yogurt, Strawberries, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Strawberries, Fruit Juice</li> </ul>
<p><b>24</b></p> <ul style="list-style-type: none"> <li>• French Toast Sticks, Orange Smiles, Fruit Juice</li> <li>• Breakfast Pizza, Orange Smiles, Fruit Juice</li> <li>• Cereal, Yogurt, Orange Smiles, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Orange Smiles, Fruit Juice</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Pancake Sausage Griddle , Pears, Fruit Juice</li> <li>• Yogurt, Fruit Streusel Muffin, Pears, Fruit Juice</li> <li>• Cereal, Cinnamon Toast, Pears, Fruit Juice</li> <li>• Oatmeal Bar, Cinnamon Toast, Pears, Fruit Juice</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• Cinnamon Roll, Banana, Fruit Juice</li> <li>• Breakfast Nachos, Banana, Fruit Juice</li> <li>• Cereal, Yogurt, Banana, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Banana, Fruit Juice</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Breakfast Sliders, Apple , Fruit Juice</li> <li>• Apple Turnover, Apple , Fruit Juice</li> <li>• Cereal, Toast &amp; Jelly, Apple , Fruit Juice</li> <li>• Oatmeal Bar, Toast &amp; Jelly, Apple , Fruit Juice</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Biscuits &amp; Gravy, Sausage , Grapes, Fruit Juice</li> <li>• Mini Waffles, Grapes, Fruit Juice</li> <li>• Cereal, Yogurt, Grapes, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Grapes, Fruit Juice</li> </ul>



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. •

