

BREAKFAST - APRIL 2017

Oran R-3 School District Oran High School



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



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. •

