



BREAKFAST - MARCH 2017

Watonga Public Schools Watonga High School



menus.opaafood.com

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All Items Prepared Fresh Daily in the Opaa! Kitchen

All grains offered are Whole Grain-Rich

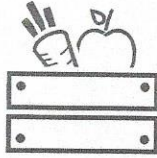
KEY:

= Farm Fresh Product

= May contain peanuts

= Pork

Harvest



of the Month

1

- Pancake Sausage Griddle , Banana, Fruit Juice
- Breakfast Nachos, Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal Bar, Yogurt, Banana, Fruit Juice

2 Dr. Seuss's Birthday

- Green Eggs & Ham, Toast & Jelly, Apple , Fruit Juice
- Apple Turnover, Apple , Fruit Juice
- Cereal, Toast & Jelly, Apple , Fruit Juice
- Oatmeal Bar, Toast & Jelly, Apple , Fruit Juice

3

- Biscuits & Gravy, Sausage , Pears, Fruit Juice
- Mini Waffles, Pears, Fruit Juice
- Cereal, Yogurt, Pears, Fruit Juice
- Oatmeal Bar, Yogurt, Pears, Fruit Juice

6

- Pancakes w/ Fruit Topping, Apple , Fruit Juice
- Sausage Biscuit , Apple , Fruit Juice
- Cereal, Yogurt, Apple , Fruit Juice
- Oatmeal Bar, Yogurt, Apple , Fruit Juice

7

- Baked Omelet, Toast & Jelly, Strawberries, Fruit Juice
- Strawberry Shortcake Biscuits, Strawberries, Fruit Juice
- Cereal, Toast & Jelly, Strawberries, Fruit Juice
- Oatmeal Bar, Toast & Jelly, Strawberries, Fruit Juice

8

- Orange Roll, Peaches, Fruit Juice
- Egg & Cheese Bagel, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal Bar, Yogurt, Peaches, Fruit Juice

9 New Item!!

- Cheesy Ham and Egg Casserole, Cinnamon Toast, 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

10 No School

13 No School

14 No School

15 No School

16 No School

17 No School

20

- Pancakes, Apple , Fruit Juice
- Sausage Biscuit , Apple , Fruit Juice
- Cereal, Yogurt, Apple , Fruit Juice
- Oatmeal Bar, Yogurt, Apple , Fruit Juice

21

- Baked Omelet, Toast & Jelly, Pears, Fruit Juice
- Blueberry Crumb Cake, Pears, Fruit Juice
- Cereal, Toast & Jelly, Pears, Fruit Juice
- Oatmeal Bar, Toast & Jelly, Pears, Fruit Juice

22

- Lemon Roll, Peaches, Fruit Juice
- Egg & Cheese Bagel, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal Bar, Yogurt, Peaches, Fruit Juice

23

- 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

24

- Biscuits & Gravy, Sausage , Strawberries, Fruit Juice
- Mini Pancakes, Strawberries, Fruit Juice
- Cereal, Yogurt, Strawberries, Fruit Juice
- Oatmeal Bar, Yogurt, Strawberries, Fruit Juice

27

- 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

28

- Pancake Sausage Griddle , Cinnamon Apples, Fruit Juice
- Fruit & Yogurt Parfait, Fruit Streusel Muffin, Cinnamon Apples, Fruit Juice
- Cereal, Cinnamon Toast, Cinnamon Apples, Fruit Juice
- Oatmeal Bar, Cinnamon Toast, Cinnamon Apples, Fruit Juice

29

- Cinnamon Roll, Banana, Fruit Juice
- Breakfast Nachos, Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal Bar, Yogurt, Banana, Fruit Juice

30

- Breakfast Sliders, Apple , Fruit Juice
- Apple Turnover, Apple , Fruit Juice
- Cereal, Toast & Jelly, Apple , Fruit Juice
- Oatmeal Bar, Toast & Jelly, Apple , Fruit Juice

31

- Biscuits & Gravy, Sausage , Pears, Fruit Juice
- Mini Waffles, Pears, Fruit Juice
- Cereal, Yogurt, Pears, Fruit Juice
- Oatmeal Bar, Yogurt, Pears, 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. •



LUNCH - MARCH 2017

Watonga Public Schools Watonga High School



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<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 style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p> </div> <h2 style="text-align: center;">HealthierUS School Challenge!</h2>	<p>1</p> <ul style="list-style-type: none"> • Chicken Patty • Roast Turkey Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Fruit , Applesauce, Hot Roll • Garden Fresh Salad Bar, Fresh Fruit , Applesauce, Hot Roll 	<p>2</p> <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso & Spanish Rice • Smothered Burrito Fresh Garden Salad, Texas Pintos, Banana Orange Mix, Fresh Fruit • Garden Fresh Salad Bar, Banana Orange Mix, Fresh Fruit , Cornbread 	<p>3</p> <ul style="list-style-type: none"> • Cheese Pizza • Fish Tacos Fresh Garden Salad, Fresh Broccoli w/ Dip, Fresh Fruit , Pineapple • Garden Fresh Salad Bar, Fresh Fruit , Pineapple, Fruit Streusel Muffin
<p>6</p> <ul style="list-style-type: none"> • Lasagna w/ Italian Bread • Spicy Chicken Patty Sandwich Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit • Garden Fresh Salad Bar, Peaches, Fresh Fruit , Italian Bread 	<p>7</p> <ul style="list-style-type: none"> • Korean BBQ Pork Tacos • Pizza Quesadilla Fresh Garden Salad, Cowboy Beans, Fresh Fruit , Orange Pineapple Mix • Garden Fresh Salad Bar, Fresh Fruit , Orange Pineapple Mix, Cornbread 	<p>8</p> <ul style="list-style-type: none"> • Chicken Patty • Baked Ham Mashed Potatoes w/ Gravy, Corn, Fresh Fruit , Pears, Hot Roll • Garden Fresh Salad Bar, Pears, Fresh Fruit , Hot Roll 	<p>9</p> <ul style="list-style-type: none"> • Bacon Cheeseburger • Grilled Chicken Sandwich French Fries, Fresh Garden Salad, Applesauce, Fresh Fruit • Garden Fresh Salad Bar, Applesauce, Fresh Fruit , Fruit Streusel Muffin 	<p>10 No School</p>
<p>13 No School</p>	<p>14 No School</p>	<p>15 No School</p>	<p>16 No School</p>	<p>17 No School</p>
<p>20</p> <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Meatball Sub Fresh Garden Salad, Corn, Applesauce, Fresh Fruit • Garden Fresh Salad Bar, Applesauce, Fresh Fruit , Italian Bread 	<p>21</p> <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso & Spanish Rice • Beef Burrito Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit • Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit , Cornbread 	<p>22</p> <ul style="list-style-type: none"> • Chicken Patty • Roast Turkey Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Fresh Fruit , Hot Roll • Garden Fresh Salad Bar, Peaches, Fresh Fruit , Hot Roll 	<p>23</p> <ul style="list-style-type: none"> • BBQ Rib on Bun • Biscuit with Eggs and Bacon Tater Tots, Fresh Garden Salad, Banana Orange Mix, Fresh Fruit • Garden Fresh Salad Bar, Banana Orange Mix, Fresh Fruit , Fruit Streusel Muffin 	<p>24</p> <ul style="list-style-type: none"> • Jalapeno Popper Pizza • Corn Dog Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit • Garden Fresh Salad Bar, Pineapple, Fresh Fruit , Fruit Streusel Muffin
<p>27</p> <ul style="list-style-type: none"> • Chicken Alfredo w/ Italian Bread • Ham & Cheese Sandwich Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit • Garden Fresh Salad Bar, Peaches, Fresh Fruit , Italian Bread 	<p>28</p> <ul style="list-style-type: none"> • Cheeseburger • Italian Sub French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit • Garden Fresh Salad Bar, Orange Pineapple Mix, Fresh Fruit , Fruit Streusel Muffin 	<p>29</p> <ul style="list-style-type: none"> • Chicken Patty • Meatloaf Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit , Hot Roll • Garden Fresh Salad Bar, Pears, Fresh Fruit , Hot Roll 	<p>30</p> <ul style="list-style-type: none"> • BBQ Bacon Cheeseburger Nachos w/ Spanish Rice • Turkey Burger Fresh Garden Salad, Cowboy Beans, Fresh Fruit , Applesauce • Garden Fresh Salad Bar, Fresh Fruit , Applesauce, Cornbread 	<p>31 Sweet Treat Day</p> <ul style="list-style-type: none"> • Taco Pizza • Fish & Chips Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit , Strawberry Banana Mix, Peach Crumb Bars • Garden Fresh Salad Bar, Fresh Fruit , Strawberry Banana Mix, Peach Crumb Bars



Download our mobile menu App at menus.opaafood.com.