



BREAKFAST - NOVEMBER 2016

Tipton R-VI School District Elementary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

KEY:

= All Items Prepared Fresh Daily in the Opaa! Kitchen

= All grains offered are Whole Grain-Rich

= Farm Fresh Product

= May contain peanuts

= Pork

1

- **Pancake Sausage Griddle** , Fresh Melon , Fruit Juice
- **Yogurt** , Pumpkin Muffin , Fresh Melon , Fruit Juice
- **Cereal** , Cinnamon Toast , Fresh Melon , Fruit Juice
- **Oatmeal** , Cinnamon Toast , Fresh Melon , Fruit Juice

2

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

3

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

4

- **Biscuits & Gravy** , Sausage , Grapes, Fruit Juice
- **Mini Waffles** , Grapes, Fruit Juice
- **Cereal** , Yogurt , Grapes, Fruit Juice
- **Oatmeal** , Yogurt , Grapes, Fruit Juice

7

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

8

- **Scrambled Eggs** , Toast & Jelly , Banana, Fruit Juice
- **Strawberry Shortcake Biscuits** , Banana, Fruit Juice
- **Cereal** , Toast & Jelly , Banana, Fruit Juice
- **Oatmeal** , Toast & Jelly , Banana, Fruit Juice

9

- **Cinnamon Roll** , Peaches, Fruit Juice
- **Egg & Cheese Bagel** , Peaches, Fruit Juice
- **Cereal** , Yogurt , Peaches, Fruit Juice
- **Oatmeal** , Yogurt , Peaches, Fruit Juice

10

- **Sausage Pancake on Stick** , Pineapple, Fruit Juice
- **Yogurt** , Pumpkin Muffin , Pineapple, Fruit Juice
- **Cereal** , Cinnamon Toast , Pineapple, Fruit Juice
- **Oatmeal** , Cinnamon Toast , Pineapple, Fruit Juice

11

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

14

- **Pumpkin Pie French Toast** , Cinnamon Apples, Fruit Juice
- **Breakfast Pizza** , Cinnamon Apples, Fruit Juice
- **Cereal** , Yogurt , Cinnamon Apples, Fruit Juice
- **Oatmeal** , Yogurt , Cinnamon Apples, Fruit Juice

15

- **Pancake Sausage Griddle** , Orange Smiles, Fruit Juice
- **Yogurt** , Pumpkin Muffin , Orange Smiles, Fruit Juice
- **Cereal** , Cinnamon Toast , Orange Smiles, Fruit Juice
- **Oatmeal** , Cinnamon Toast , Orange Smiles, Fruit Juice

16

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

17

- **Scrambled Eggs** , Toast & Jelly , Apple , Fruit Juice
- **Chocolate Stuffed Croissant** , Apple , Fruit Juice
- **Cereal** , Toast & Jelly , Apple , Fruit Juice
- **Oatmeal** , Toast & Jelly , Apple , Fruit Juice

18

- **Biscuits & Gravy** , Sausage , Pineapple, Fruit Juice
- **Mini Waffles** , Pineapple, Fruit Juice
- **Cereal** , Yogurt , Pineapple, Fruit Juice
- **Oatmeal** , Yogurt , Pineapple, Fruit Juice

21

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

22

- **Scrambled Eggs** , Toast & Jelly , Pears, Fruit Juice
- **Blueberry Crumb Cake** , Pears, Fruit Juice
- **Cereal** , Toast & Jelly , Pears, Fruit Juice
- **Oatmeal** , Toast & Jelly , Pears, Fruit Juice

23

- **Cinnamon Roll** , Peaches, Fruit Juice
- **Egg & Cheese Bagel** , Peaches, Fruit Juice
- **Cereal** , Yogurt , Peaches, Fruit Juice
- **Oatmeal** , Yogurt , Peaches, Fruit Juice

24 Thanksgiving Break

25 Thanksgiving Break

28

- **French Toast Sticks** , Orange Smiles, Fruit Juice
- **Breakfast Pizza** , Orange Smiles, Fruit Juice
- **Cereal** , Yogurt , Orange Smiles, Fruit Juice
- **Oatmeal** , Yogurt , Orange Smiles, Fruit Juice

29

- **Pancake Sausage Griddle** , Pears, Fruit Juice
- **Yogurt** , Pumpkin Muffin , Pears, Fruit Juice
- **Cereal** , Cinnamon Toast , Pears, Fruit Juice
- **Oatmeal** , Cinnamon Toast , Pears, Fruit Juice

30

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



Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.

Partnering with us in this endeavor are the following
Hamra Farms
Farhmeier Farms
Rasa Orchard
Value Added Products

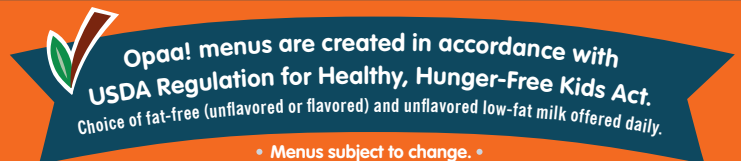
Don't forget to take the

"Extreme Fruit and Vegetable Challenge"

this month!



This institution is an equal opportunity provider.





LUNCH - NOVEMBER 2016

Tipton R-VI School District Elementary School



menus.opaafood.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KEY:</p> <p> = All Items Prepared Fresh Daily in the Opaa! Kitchen</p> <p> = All grains offered are Whole Grain-Rich</p> <p> = Farm Fresh Product</p> <p> = May contain peanuts</p> <p> = Pork</p>	<p>1</p> <ul style="list-style-type: none"> • Chicken Soft Tacos • Frito Pie Fresh Garden Salad, Cowboy Beans, Fresh Fruit , Orange Pineapple Mix • Taco Salad, Cowboy Beans, Fresh Fruit , Orange Pineapple Mix, Cornbread 	<p>2</p> <ul style="list-style-type: none"> • Chicken Patty • Meatloaf Mashed Potatoes w/ Gravy, Corn, Fresh Fruit , Pears, Hot Roll • Strawberry Chicken Salad, Corn, Pears, Fresh Fruit , Hot Roll 	<p>3</p> <ul style="list-style-type: none"> • Cheeseburger • Italian Sub French Fries, Fresh Garden Salad, Strawberry Banana Mix, Fresh Fruit • Cobb Salad, Strawberry Banana Mix, Fresh Fruit , Fruit Streusel Muffin 	<p>4</p> <ul style="list-style-type: none"> • Pepperoni Pizza • Chicken & Avocado Club Wrap Fresh Garden Salad, Baby Carrots w/ Dip, Applesauce, Fresh Fruit • Popcorn Chicken Salad, Baby Carrots w/ Dip, Applesauce, Fresh Fruit , Fruit Streusel Muffin
<p>7</p> <ul style="list-style-type: none"> • Chicken & Waffles • Turkey & Cheese on a Bun Fresh Garden Salad, Steamed Broccoli, Pineapple, Fresh Fruit • Mandarin Orange Chicken Salad, Steamed Broccoli, Pineapple, Fresh Fruit , Italian Bread 	<p>8</p> <ul style="list-style-type: none"> • Hot Dog • Sloppy Joes French Fries, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit • Cobb Salad, Mandarin Oranges, Fresh Fruit , Fruit Streusel Muffin 	<p>9</p> <ul style="list-style-type: none"> • Chicken Patty • Hamburger Steak Mashed Potatoes w/ Gravy, Green Beans, Cinnamon Apple Slices, Fresh Fruit , Hot Roll • Strawberry Chicken Salad, Mashed Potatoes w/ Gravy, Cinnamon Apple Slices, Fresh Fruit , Hot Roll 	<p>10</p> <ul style="list-style-type: none"> • Super Nachos • Pork Carnitas French Garden Salad, Refried Beans, Pears, Fresh Fruit • Taco Salad, Refried Beans, Pears, Fresh Fruit , Cornbread 	<p>11</p> <ul style="list-style-type: none"> • Tony's Pizza • Ham & Cheese Calzone French Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit • Popcorn Chicken Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit , Fruit Streusel Muffin
<p>14</p> <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Hamburger Mac N Cheese w/ Italian Bread Fresh Garden Salad, Corn, Peaches, Fresh Fruit • Mandarin Orange Chicken Salad, Corn, Peaches, Fresh Fruit , Italian Bread 	<p>15</p> <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso • Stuffed Taco Fresh Garden Salad, Texas Pintos, Pineapple, Fresh Fruit • Taco Salad, Texas Pintos, Pineapple, Fresh Fruit , Cornbread 	<p>16 Thanksgiving Feast</p> <ul style="list-style-type: none"> • Roast Turkey • Chicken Patty Mashed Potatoes w/ Gravy, Glazed Carrots, Hot Roll, Applesauce, Fresh Fruit , Pumpkin Spiced Krispie Treat 	<p>17</p> <ul style="list-style-type: none"> • BBQ Rib on Bun • Cheeseburger Tater Tots, Fresh Garden Salad, Banana Orange Mix, Fresh Fruit • Cobb Salad, Banana Orange Mix, Fresh Fruit , Fruit Streusel Muffin 	<p>18</p> <ul style="list-style-type: none"> • Cheese Pizza • Corn Dog Fresh Garden Salad, Fresh Broccoli w/ Dip, Mandarin Oranges, Fresh Fruit • Popcorn Chicken Salad, Fresh Broccoli w/ Dip, Mandarin Oranges, Fresh Fruit , Fruit Streusel Muffin
<p>21 Sweet Treat Day</p> <ul style="list-style-type: none"> • Chicken & Dumplings • Turkey Club Wrap Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit , Hot Fudge Pudding Cake • Italian Chef Salad, Cheesy Cauliflower Popcorn, Italian Bread, Peaches, Fresh Fruit , Hot Fudge Pudding Cake 	<p>22</p> <ul style="list-style-type: none"> • Cheeseburger • Grilled Chicken Sandwich French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit • Cobb Salad, Orange Pineapple Mix, Fresh Fruit , Fruit Streusel Muffin 	<p>23</p> <ul style="list-style-type: none"> • Chicken Patty • Baked Ham Mashed Potatoes w/ Gravy, Corn, Apple , Fresh Fruit , Hot Roll • Chicken Caesar Salad, Corn, Apple , Fresh Fruit , Hot Roll 	<p>24 Thanksgiving Break</p>	<p>25 Thanksgiving Break</p>
<p>28</p> <ul style="list-style-type: none"> • Popcorn Chicken w/ Italian Bread • Pizza Grilled Cheese Sandwich Fresh Garden Salad, Steamed Broccoli, Fresh Fruit , Cinnamon Apple Slices • Italian Chef Salad, Steamed Broccoli, Fresh Fruit , Cinnamon Apple Slices, Italian Bread 	<p>29</p> <ul style="list-style-type: none"> • Super Nachos • Beef Enchiladas Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit • Taco Salad, Refried Beans, Mandarin Oranges, Fresh Fruit , Cornbread 	<p>30</p> <ul style="list-style-type: none"> • Chicken Patty • Roasted Pork Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit , Hot Roll • Chicken Caesar Salad, Mashed Potatoes w/ Gravy, Pineapple, Fresh Fruit , Hot Roll 	<p>HealthierUS School Challenge!</p> <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p> <p>HealthierUS School Challenge!</p>	<p>Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!</p>

