



# BREAKFAST - NOVEMBER 2016

Tipton R-VI School District High 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.



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 - NOVEMBER 2016

Tipton R-VI School District High School



menus.opaafood.com

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

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### KEY:

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1

- Chicken Soft Tacos
- Frito Pie  
Fresh Garden Salad, Cowboy Beans, Fresh Fruit , Orange Pineapple Mix
- Garden Fresh Salad Bar, Fresh Fruit , Orange Pineapple Mix, Cornbread

2

- Chicken Patty
- Meatloaf  
Mashed Potatoes w/ Gravy, Corn, Fresh Fruit , Pears, Hot Roll
- Garden Fresh Salad Bar, Pears, Fresh Fruit , Hot Roll

3

- Bacon Cheeseburger
- Italian Sub   
French Fries, Fresh Garden Salad, Strawberry Banana Mix, Fresh Fruit
- Garden Fresh Salad Bar, Strawberry Banana Mix, Fresh Fruit , Fruit Streusel Muffin

4

- Pepperoni Pizza
- Chicken & Avocado Club Wrap  
Fresh Garden Salad, Baby Carrots w/ Dip, Applesauce, Fresh Fruit
- Garden Fresh Salad Bar, Applesauce, Fresh Fruit , Fruit Streusel Muffin

7

- Chicken & Waffles
- Turkey & Cheese on a Bun  
Fresh Garden Salad, Steamed Broccoli, Pineapple, Fresh Fruit
- Garden Fresh Salad Bar, Pineapple, Fresh Fruit , Italian Bread

8

- Hot Dog
- Sloppy Joes  
French Fries, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit
- Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit , Fruit Streusel Muffin

9

- Chicken Patty
- Hamburger Steak  
Mashed Potatoes w/ Gravy, Green Beans, Cinnamon Apple Slices, Fresh Fruit , Hot Roll
- Garden Fresh Salad Bar, Cinnamon Apple Slices, Fresh Fruit , Hot Roll

10

- Super Nachos w/ Spanish Rice
- Pork Carnitas   
Fresh Garden Salad, Refried Beans, Pears, Fresh Fruit
- Garden Fresh Salad Bar, Pears, Fresh Fruit , Cornbread

11

- Tony's Pizza
- Buffalo Chicken Calzone  
Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit
- Garden Fresh Salad Bar, Tropical Fruit, Fresh Fruit , Fruit Streusel Muffin

14

- Chicken Nuggets w/ Italian Bread
- Hamburger Mac N Cheese w/ Italian Bread  
Fresh Garden Salad, Corn, Peaches, Fresh Fruit
- Garden Fresh Salad Bar, Peaches, Fresh Fruit , Italian Bread

15

- Chicken Nachos w/ White Queso & Spanish Rice
- Stuffed Taco  
Fresh Garden Salad, Texas Pintos, Pineapple, Fresh Fruit
- Garden Fresh Salad Bar, Pineapple, Fresh Fruit , Cornbread

16 Thanksgiving Feast

- Roast Turkey
- Chicken Patty  
Mashed Potatoes w/ Gravy, Glazed Carrots, Hot Roll, Applesauce, Fresh Fruit , Pumpkin Spiced Krispie Treat

17

- BBQ Rib on Bun
- Cheeseburger  
Tater Tots, Fresh Garden Salad, Banana Orange Mix, Fresh Fruit
- Garden Fresh Salad Bar, Banana Orange Mix, Fresh Fruit , Fruit Streusel Muffin

18

- Cheese Pizza
- Corn Dog  
Fresh Garden Salad, Fresh Broccoli w/ Dip, Mandarin Oranges, Fresh Fruit
- Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit , Fruit Streusel Muffin

21 Sweet Treat Day

- Chicken & Dumplings
- Turkey Club Wrap  
Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit , Hot Fudge Pudding Cake
- Garden Fresh Salad Bar, Italian Bread, Peaches, Fresh Fruit , Hot Fudge Pudding Cake

22

- Bacon Cheeseburger
- Grilled Chicken Sandwich  
French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit
- Garden Fresh Salad Bar, Orange Pineapple Mix, Fresh Fruit , Fruit Streusel Muffin

23

- Chicken Patty
- Baked Ham   
Mashed Potatoes w/ Gravy, Corn, Apple , Fresh Fruit , Hot Roll
- Garden Fresh Salad Bar, Apple , Fresh Fruit , Hot Roll

24 Thanksgiving Break

25 Thanksgiving Break

28

- Chicken Strips w/ Italian Bread
- Pizza Grilled Cheese Sandwich  
Fresh Garden Salad, Steamed Broccoli, Fresh Fruit , Cinnamon Apple Slices
- Garden Fresh Salad Bar, Fresh Fruit , Cinnamon Apple Slices, Italian Bread

29

- Super Nachos w/ Spanish Rice
- Beef Enchiladas  
Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit
- Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit , Cornbread

30

- Chicken Patty
- Roasted Pork   
Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit , Hot Roll
- Garden Fresh Salad Bar, Pineapple, Fresh Fruit , Hot Roll



Opaa! designs elementary menus to meet the nutrition targets for

**HealthierUS School Challenge!**

**Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!**

# FEED YOUR BRAIN!