



BREAKFAST - NOVEMBER 2016

Tipton R-VI School District Middle 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 Middle School



menus.opaafood.com

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

- 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

- 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
- Pork Carnitas
Fresh Garden Salad, Refried Beans, Pears, Fresh Fruit
- Garden Fresh Salad Bar, Pears, Fresh Fruit , Cornbread

11

- Tony's Pizza
- Ham & Cheese 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
- 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

- 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

- Popcorn Chicken 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
- 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!