LUNCH - FEBRUARY 2016

Bowling Green R-1 School District High School

We receive option 1 or 2 for lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • **Chicken & Waffles** • **Hamburger Mac N Cheese** • **Mozzarella Dunkers w/ Marinara** Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Mandarin Oranges • **Garden Fresh Salad Bar**, Fresh Fruit, Mandarin Oranges, Opaa! Italian Bread	2 • **Super Nachos w/ Spanish Rice** • **Pizza Quesadilla** • **Stromboli** Fresh Garden Salad, Refried Beans, Fresh Fruit, Pineapple • **Garden Fresh Salad Bar**, Fresh Fruit, Pineapple, Opaa! Cornbread	3 • **Chicken Patty / Spicy Chicken Patty** • **Corn Dog** • **Breaded Pork Chopette** Mashed Potatoes w/ Gravy, Green Beans, Fresh Fruit, Cinnamon Apple Slices, Opaa! Hot Roll • **Garden Fresh Salad Bar**, Fresh Fruit, Cinnamon Apple Slices, Opaa! Hot Roll	4 • **Cheeseburger** • **Buffalo Chicken Calzone** • **Sloppy Joes** French Fries, Fresh Garden Salad, Fresh Fruit, Tropical Fruit • **Garden Fresh Salad Bar**, Fresh Fruit, Tropical Fruit, Fruit Streusel Muffin	5 New Item!! • **Opaa! Pepperoni Pizza** • **Turkey & Cheddar Melt** • **Sweet & Sour Chicken w/Rice** Fresh Garden Salad, Roasted Vegetables, Fresh Fruit, Blushing Pears • **Garden Fresh Salad Bar**, Fresh Fruit, Blushing Pears, Fruit Streusel Muffin
8 • **Bacon Cheeseburger** • **Chicken & Dumplings** • **Turkey Club Wrap** Fresh Garden Salad, Corn, Fresh Fruit, Mandarin Oranges • **Garden Fresh Salad Bar**, Fresh Fruit, Mandarin Oranges, Opaa! Italian Bread	9 Mardi Gras • **Chicken Po' Boy** • **Chicken Nachos w/ White Queso & Spanish Rice** • **Frito Pie** Fresh Garden Salad, Texas Pintos, Fresh Fruit, Banana Orange Mix • **Garden Fresh Salad Bar**, Fresh Fruit, Banana Orange Mix, Opaa! Cornbread	10 • **Chicken Patty / Spicy Chicken Patty** • **Fish Patty** • **Meatloaf** Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Fruit, Peaches, Opaa! Hot Roll • **Garden Fresh Salad Bar**, Fresh Fruit, Peaches, Opaa! Hot Roll	11 • **Hot Dog** • **Meatball Sub** • **BBQ Pork on Bun** French Fries, Fresh Garden Salad, Fresh Fruit, Applesauce • **Garden Fresh Salad Bar**, Fresh Fruit, Applesauce, Fruit Streusel Muffin	12 No School
15 President's Day	16 • **BBQ Rib on Bun** • **Chicken Strips w/ Opaa! Cornbread** • **Soft Tacos** Fresh Garden Salad, Cowboy Beans, Fresh Fruit, Rosy Applesauce • **Garden Fresh Salad Bar**, Fresh Fruit, Rosy Applesauce, Opaa! Cornbread	17 • **Chicken Patty / Spicy Chicken Patty** • **Baked Ham** • **Meatloaf** Mashed Potatoes w/ Gravy, Corn, Fresh Fruit, Pears, Opaa! Hot Roll • **Garden Fresh Salad Bar**, Fresh Fruit, Pears, Opaa! Hot Roll	18 New Item!! • **Burrito Bowl** • **BBQ Pork Tacos** • **Three Cheese Grilled Cheese w/Tomato Soup** French Fries, Fresh Garden Salad, Fresh Fruit, Orange Pineapple Mix • **Garden Fresh Salad Bar**, Fresh Fruit, Orange Pineapple Mix, Fruit Streusel Muffin	19 • **Tony's Pizza** • **Popcorn Chicken Wrap** • **Peanut Butter & Jelly w/ Yogurt** Fresh Garden Salad, Baby Carrots w/ Dip, Fresh Fruit, Strawberry Banana Mix • **Garden Fresh Salad Bar**, Fresh Fruit, Strawberry Banana Mix, Fruit Streusel Muffin
22 • **Chicken & Waffles** • **Hamburger Mac N Cheese** • **Pizza Grilled Cheese Sandwich** Fresh Garden Salad, Steamed Broccoli, Fresh Fruit, Mandarin Oranges • **Garden Fresh Salad Bar**, Fresh Fruit, Mandarin Oranges, Opaa! Italian Bread	23 • **Super Nachos w/ Spanish Rice** • **Chicken & Cheese Quesadilla** • **Stromboli w/Broccoli Cheese Soup** Fresh Garden Salad, Refried Beans, Fresh Fruit, Pineapple • **Garden Fresh Salad Bar**, Fresh Fruit, Pineapple, Opaa! Cornbread	24 • **Chicken Patty / Spicy Chicken Patty** • **Corn Dog** • **Breaded Pork Chopette** Mashed Potatoes w/ Gravy, Green Beans, Fresh Fruit, Cinnamon Apple Slices, Opaa! Hot Roll • **Garden Fresh Salad Bar**, Fresh Fruit, Cinnamon Apple Slices, Opaa! Hot Roll	25 • **Cheeseburger** • **Pepperoni Calzone** • **Sloppy Joes** French Fries, Fresh Garden Salad, Fresh Fruit, Tropical Fruit • **Garden Fresh Salad Bar**, Fresh Fruit, Tropical Fruit, Fruit Streusel Muffin	26 Sweet Treat Day • **Opaa! Cheese Pizza** • **Grilled Ham & Cheese Sandwich** • **Fish Sandwich** Fresh Garden Salad, Roasted Vegetables, Fresh Fruit, Blushing Pears, Rice Krispie Treat • **Garden Fresh Salad Bar**, Fruit Streusel Muffin, Fresh Fruit, Blushing Pears, Rice Krispie Treat
29 • **Spicy Chicken Patty on a Bun** • **Beef & Noodles w/ Opaa! Italian Bread** • **Deli Wrap** Fresh Garden Salad, Corn, Fresh Fruit, Mandarin Oranges • **Garden Fresh Salad Bar**, Fresh Fruit, Mandarin Oranges, Opaa! Italian Bread	**Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!**	*Don't forget to take the* **"Extreme Fruit and Vegetable Challenge"** *this month!*	*Opaa! designs elementary menus to meet the nutrition targets for* **HealthierUS School Challenge!**	KEY: = Homemade fresh in the Opaa! kitchen = All grains offered are Whole Grain-Rich = Farm Fresh Product = May contain peanuts = Pork

FEED YOUR BRAIN

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