



# LUNCH - NOVEMBER 2016

Bowling Green R-1 School District Elementary School



menus.opaafood.com

## MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

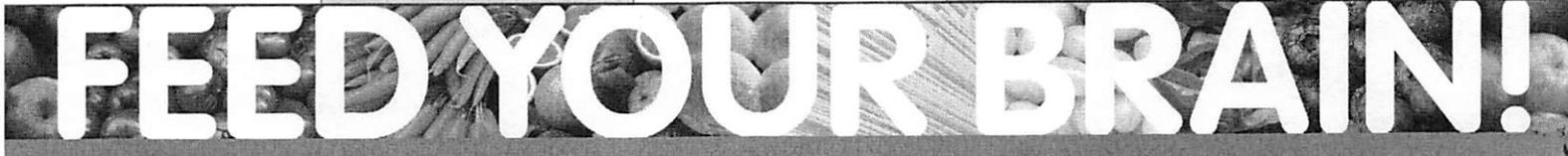
<p>Y:          } = All Items Prepared Fresh          ily in the Opaa! Kitchen          = All grains offered are Whole          ain-Rich          } = Farm Fresh Product          = May contain peanuts          = Pork</p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Soft Tacos</b></li> <li>• <b>Pizza Quesadilla</b>              Fresh Garden Salad, Cowboy Beans ,              Fresh Fruit 🍌, Orange Pineapple Mix</li> <li>• <b>Taco Salad</b> , Cowboy Beans , Fresh              Fruit 🍌, Orange Pineapple Mix,              Cornbread</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Baked Ham</b> 🍖              Mashed Potatoes w/ Gravy, Corn, Fresh              Fruit 🍌, Pears, Hot Roll</li> <li>• <b>Strawberry Chicken Salad</b>, Corn,              Pears, Fresh Fruit 🍌, Hot Roll</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>Grilled Chicken Sandwich</b>              French Fries, Fresh Garden Salad,              Strawberry Banana Mix, Fresh Fruit              🍌</li> <li>• <b>Cobb Salad</b> , Strawberry Banana Mix,              Fresh Fruit 🍌, Fruit Streusel Muffin</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• <b>Pepperoni Pizza</b></li> <li>• <b>Peanut Butter &amp; Jelly</b> 🍌 w/ Yogurt              Fresh Garden Salad, Baby Carrots w/              Dip, Applesauce, Fresh Fruit 🍌</li> <li>• <b>Popcorn Chicken Salad</b> , Baby              Carrots w/ Dip, Applesauce, Fresh Fruit              🍌, Fruit Streusel Muffin</li> </ul>
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<p><b>7</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken &amp; Waffles</b></li> <li>• <b>Turkey &amp; Cheese on a Bun</b>              Fresh Garden Salad, Steamed Broccoli,              Pineapple, Fresh Fruit 🍌</li> <li>• <b>Mandarin Orange Chicken Salad</b> ,              Steamed Broccoli, Pineapple, Fresh              Fruit 🍌, Italian Bread</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• <b>Hot Dog</b></li> <li>• <b>Sloppy Joes</b>              French Fries, Fresh Garden Salad,              Mandarin Oranges, Fresh Fruit 🍌</li> <li>• <b>Cobb Salad</b> , Mandarin Oranges, Fresh              Fruit 🍌, Fruit Streusel Muffin</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Hamburger Steak</b>              Mashed Potatoes w/ Gravy, Green              Beans, Cinnamon Apple Slices, Fresh              Fruit 🍌, Hot Roll</li> <li>• <b>Strawberry Chicken Salad</b>, Mashed              Potatoes w/ Gravy, Cinnamon Apple              Slices, Fresh Fruit 🍌, Hot Roll</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• <b>Super Nachos</b></li> <li>• <b>Pork Carnitas</b> 🍖              Fresh Garden Salad, Refried Beans,              Pears, Fresh Fruit 🍌</li> <li>• <b>Taco Salad</b> , Refried Beans, Pears,              Fresh Fruit 🍌, Cornbread</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• <b>Tony's Pizza</b> 🍕</li> <li>• <b>Ham &amp; Cheese Calzone</b> 🍕              Fresh Garden Salad, Roasted              Vegetables , Tropical Fruit, Fresh Fruit              🍌</li> <li>• <b>Popcorn Chicken Salad</b> , Roasted              Vegetables , Tropical Fruit, Fresh Fruit              🍌, Fruit Streusel Muffin</li> </ul>
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<p><b>14</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Nuggets w/ Italian Bread</b></li> <li>• <b>Meatball Sub</b> 🍖              Fresh Garden Salad, Corn, Peaches,              Fresh Fruit 🍌</li> <li>• <b>Mandarin Orange Chicken Salad</b> ,              Corn, Peaches, Fresh Fruit 🍌, Italian              Bread</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Nachos w/ White Queso</b></li> <li>• <b>Beef Burrito</b>              Fresh Garden Salad, Texas Pintos ,              Pineapple, Fresh Fruit 🍌</li> <li>• <b>Taco Salad</b> , Texas Pintos, Pineapple,              Fresh Fruit 🍌, Cornbread</li> </ul>	<p><b>16 Thanksgiving Feast</b></p> <ul style="list-style-type: none"> <li>• <b>Roast Turkey</b></li> <li>• <b>Chicken Patty</b>              Mashed Potatoes w/ Gravy, Glazed              Carrots, Hot Roll, Applesauce, Fresh              Fruit 🍌, Rice Krispie Treat</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• <b>BBQ Rib on Bun</b> 🍖</li> <li>• <b>Egg, Ham, &amp; Cheese Sandwich</b> 🍖              Later Tots, Fresh Garden Salad, Banana              Orange Mix, Fresh Fruit 🍌</li> <li>• <b>Cobb Salad</b> , Banana Orange Mix,              Fresh Fruit 🍌, Fruit Streusel Muffin</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• <b>Cheese Pizza</b></li> <li>• <b>Crispy Chicken Wrap</b>              Fresh Garden Salad, Fresh Broccoli w/              Dip, Mandarin Oranges, Fresh Fruit 🍌</li> <li>• <b>Popcorn Chicken Salad</b> , Fresh              Broccoli w/ Dip, Mandarin Oranges,              Fresh Fruit 🍌, Fruit Streusel Muffin</li> </ul>
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<p><b>21 Sweet Treat Day</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken &amp; Dumplings</b></li> <li>• <b>Turkey Club Wrap</b>              Fresh Garden Salad, Cheesy              Cauliflower Popcorn, Peaches, Fresh              Fruit 🍌, Hot Fudge Pudding Cake</li> <li>• <b>Italian Chef Salad</b> , Cheesy              Cauliflower Popcorn, Italian Bread,              Peaches, Fresh Fruit 🍌, Hot Fudge              Pudding Cake</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>Grilled Chicken Sandwich</b>              French Fries, Fresh Garden Salad,              Orange Pineapple Mix, Fresh Fruit 🍌</li> <li>• <b>Cobb Salad</b> , Orange Pineapple Mix,              Fresh Fruit 🍌, Fruit Streusel Muffin</li> </ul>	<p><b>23 Thanksgiving Break</b></p>	<p><b>24 Thanksgiving Break</b></p>	<p><b>25 Thanksgiving Break</b></p>
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<p><b>28</b></p> <ul style="list-style-type: none"> <li>• <b>Popcorn Chicken w/ Italian Bread</b></li> <li>• <b>Pizza Grilled Cheese Sandwich</b>              Fresh Garden Salad, Steamed Broccoli,              Fresh Fruit 🍌, Cinnamon Apple Slices</li> <li>• <b>Italian Chef Salad</b> , Steamed              Broccoli, Fresh Fruit 🍌, Cinnamon              Apple Slices, Italian Bread</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• <b>Super Nachos</b></li> <li>• <b>Beef Enchiladas</b>              Refried Beans, Fresh Garden Salad,              Mandarin Oranges, Fresh Fruit 🍌</li> <li>• <b>Taco Salad</b> , Refried Beans, Mandarin              Oranges, Fresh Fruit 🍌, Cornbread</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Roasted Pork</b> 🍖              Mashed Potatoes w/ Gravy, Green              Beans, Pineapple, Fresh Fruit 🍌, Hot              Roll</li> <li>• <b>Chicken Caesar Salad</b> , Mashed              Potatoes w/ Gravy, Pineapple, Fresh              Fruit 🍌, Hot Roll</li> </ul>	 <p>Opaa! designs              elementary              menus to              meet              the nutrition              targets for</p> <p><b>HealthierUS              School              Challenge!</b></p>	<p><b>Choice of              fat-free              (unflavored or              flavored) and              unflavored low-fat              milk offered              DAILY!</b></p>
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# LUNCH - NOVEMBER 2016

Bowling Green R-L School District Middle High School



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## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>Y: = All Items Prepared Fresh in the Opaa! Kitchen = All grains offered are Whole Grain-Rich ) = Farm Fresh Product = May contain peanuts : = Pork</p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Soft Tacos</b></li> <li>• <b>Pizza Quesadilla</b> Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍌, Orange Pineapple Mix</li> <li>• <b>Taco Salad</b>, Cowboy Beans, Fresh Fruit 🍌, Orange Pineapple Mix, Cornbread</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Spicy Chicken Patty</b></li> <li>• <b>Baked Ham</b> 🍖 Mashed Potatoes w/ Gravy, Corn, Fresh Fruit 🍌, Pears, Hot Roll</li> <li>• <b>Strawberry Chicken Salad</b>, Corn, Pears, Fresh Fruit 🍌, Hot Roll</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• <b>Cheeseburger</b></li> <li>• <b>Grilled Chicken Sandwich</b> French Fries, Fresh Garden Salad, Strawberry Banana Mix, Fresh Fruit 🍌</li> <li>• <b>Cobb Salad</b>, Strawberry Banana Mix, Fresh Fruit 🍌, Fruit Streusel Muffin</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• <b>Pepperoni Pizza</b></li> <li>• <b>Peanut Butter &amp; Jelly</b> 🍌 w/ Yogurt Fresh Garden Salad, Baby Carrots w/ Dip, Applesauce, Fresh Fruit 🍌</li> <li>• <b>Popcorn Chicken Salad</b>, Baby Carrots w/ Dip, Applesauce, Fresh Fruit 🍌, Fruit Streusel Muffin</li> </ul>
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<p><b>28</b></p> <ul style="list-style-type: none"> <li>• <b>Popcorn Chicken w/ Italian Bread</b></li> <li>• <b>Pizza Grilled Cheese Sandwich</b> Fresh Garden Salad, Steamed Broccoli, Fresh Fruit 🍌, Cinnamon Apple Slices</li> <li>• <b>Italian Chef Salad</b>, Steamed Broccoli, Fresh Fruit 🍌, Cinnamon Apple Slices, Italian Bread</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• <b>Super Nachos</b></li> <li>• <b>Beef Enchiladas</b> Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍌</li> <li>• <b>Taco Salad</b>, Refried Beans, Mandarin Oranges, Fresh Fruit 🍌, Cornbread</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• <b>Chicken Patty</b></li> <li>• <b>Roasted Pork</b> 🍖</li> <li>• <b>Spicy Chicken Patty</b> Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit 🍌, Hot Roll</li> <li>• <b>Chicken Caesar Salad</b>, Mashed Potatoes w/ Gravy, Pineapple, Fresh Fruit 🍌, Hot Roll</li> </ul>	<p><b>HealthierUS School Challenge</b></p>  <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p><b>HealthierUS School Challenge!</b></p>	<p><b>Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!</b></p>
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Bowling Green R-1 School District High School



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## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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 = All grains offered are Whole  
 ain-Rich  
 ) = Farm Fresh Product  
 = May contain peanuts  
 = Pork

- 1**
- **Chicken Soft Tacos**
  - **Frito Pie**
  - **Pizza Quesadilla**  
Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍏, Orange Pineapple Mix
  - **Taco Salad**, Fresh Fruit 🍏, Orange Pineapple Mix, Cornbread

- 2**
- **Chicken Patty / Spicy Chicken Patty**
  - **Meatloaf**
  - **Baked Ham** 🍖  
Mashed Potatoes w/ Gravy, Corn, Fresh Fruit 🍏, Pears, Hot Roll
  - **Strawberry Chicken Salad**, Pears, Fresh Fruit 🍏, Hot Roll

- 3**
- **Bacon Cheeseburger** 🍖
  - **Italian Sub** 🍷
  - **Grilled Chicken Sandwich**  
French Fries, Fresh Garden Salad, Strawberry Banana Mix, Fresh Fruit 🍏
  - **Cobb Salad**, Strawberry Banana Mix, Fresh Fruit 🍏, Fruit Streusel Muffin

- 4**
- **Pepperoni Pizza**
  - **Chicken & Avocado Club Wrap**
  - **Peanut Butter & Jelly** 🍪 w/ Yogurt  
Fresh Garden Salad, Baby Carrots w/ Dip, Applesauce, Fresh Fruit 🍏
  - **Popcorn Chicken Salad**, Applesauce, Fresh Fruit 🍏, Fruit Streusel Muffin

- 7**
- **Chicken & Waffles**
  - **Mozzarella Dunkers w/ Marinara**
  - **Turkey & Cheese on a Bun**  
Fresh Garden Salad, Steamed Broccoli, Pineapple, Fresh Fruit 🍏
  - **Mandarin Orange Chicken Salad**, Pineapple, Fresh Fruit 🍏, Italian Bread

- 8**
- **Hot Dog**
  - **Turkey Burger**
  - **Sloppy Joes**  
French Fries, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏
  - **Cobb Salad**, Mandarin Oranges, Fresh Fruit 🍏, Fruit Streusel Muffin

- 9**
- **Chicken Patty / Spicy Chicken Patty**
  - **Roasted Pork** 🍖
  - **Hamburger Steak**  
Mashed Potatoes w/ Gravy, Green Beans, Cinnamon Apple Slices, Fresh Fruit 🍏, Hot Roll
  - **Strawberry Chicken Salad**, Cinnamon Apple Slices, Fresh Fruit 🍏, Hot Roll

- 10**
- **Super Nachos w/ Spanish Rice**
  - **Chicken Enchilada w/ White Queso**
  - **Pork Carnitas** 🍖  
Fresh Garden Salad, Refried Beans, Pears, Fresh Fruit 🍏
  - **Taco Salad**, Pears, Fresh Fruit 🍏, Cornbread

- 11**
- **Tony's Pizza** 🍷
  - **Parmesan Chicken Sandwich**
  - **Buffalo Chicken Calzone**  
Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit 🍏
  - **Popcorn Chicken Salad**, Tropical Fruit, Fresh Fruit 🍏, Fruit Streusel Muffin

- 14**
- **Chicken Nuggets w/ Italian Bread**
  - **Meatball Sub** 🍷
  - **Hamburger Mac N Cheese w/ Italian Bread**  
Fresh Garden Salad, Corn, Peaches, Fresh Fruit 🍏
  - **Mandarin Orange Chicken Salad**, Peaches, Fresh Fruit 🍏, Italian Bread

- 15**
- **Chicken Nachos w/ White Queso & Spanish Rice**
  - **Beef Burrito**
  - **Stuffed Taco**  
Fresh Garden Salad, Texas Pintos, Pineapple, Fresh Fruit 🍏
  - **Taco Salad**, Pineapple, Fresh Fruit 🍏, Cornbread

- 16 Thanksgiving Feast**
- **Roast Turkey**
  - **Chicken Patty / Spicy Chicken Patty**  
Mashed Potatoes w/ Gravy, Glazed Carrots, Hot Roll, Applesauce, Fresh Fruit 🍏, Rice Krispie Treat

- 17**
- **BBQ Rib on Bun** 🍖
  - **Egg, Ham, & Cheese Sandwich** 🍷
  - **Cheeseburger**  
Tater Tots, Fresh Garden Salad, Banana Orange Mix, Fresh Fruit 🍏
  - **Cobb Salad**, Banana Orange Mix, Fresh Fruit 🍏, Fruit Streusel Muffin

- 18**
- **Cheese Pizza**
  - **Crispy Chicken Wrap**
  - **Corn Dog**  
Fresh Garden Salad, Fresh Broccoli w/ Dip, Mandarin Oranges, Fresh Fruit 🍏
  - **Popcorn Chicken Salad**, Mandarin Oranges, Fresh Fruit 🍏, Fruit Streusel Muffin

- 21 Sweet Treat Day**
- **Chicken & Dumplings**
  - **Ham & Cheddar Melt** 🍷
  - **Turkey Club Wrap**  
Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏, Hot Fudge Pudding Cake
  - **Italian Chef Salad**, Italian Bread, Peaches, Fresh Fruit 🍏, Hot Fudge Pudding Cake

- 22**
- **Bacon Cheeseburger** 🍖
  - **French Dip**
  - **Grilled Chicken Sandwich**  
French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit 🍏
  - **Cobb Salad**, Orange Pineapple Mix, Fresh Fruit 🍏, Fruit Streusel Muffin

**23 Thanksgiving Break**

**24 Thanksgiving Break**

**25 Thanksgiving Break**

- 28**
- **Chicken Strips w/ Italian Bread**
  - **Pizza Grilled Cheese Sandwich**
  - **Sloppy Joes**  
Fresh Garden Salad, Steamed Broccoli, Fresh Fruit 🍏, Cinnamon Apple Slices
  - **Italian Chef Salad**, Fresh Fruit 🍏, Cinnamon Apple Slices, Italian Bread

- 29**
- **Super Nachos w/ Spanish Rice**
  - **Beef Enchiladas**
  - **Korean BBQ Pork Tacos** 🍖  
Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏
  - **Taco Salad**, Mandarin Oranges, Fresh Fruit 🍏, Cornbread

- 30**
- **Chicken Patty / Spicy Chicken Patty**
  - **Roasted Pork** 🍖
  - **Hamburger Steak**  
Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit 🍏, Hot Roll
  - **Chicken Caesar Salad**, Pineapple, Fresh Fruit 🍏, Hot Roll

**HealthierUS School Challenge**



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!**

