



BREAKFAST - OCTOBER 2016

Bowling Green R-I School District Middle High School



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

| | | | | |
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| <p>3</p> <ul style="list-style-type: none"> • French Toast Sticks , Orange Smiles, Fruit Juice • Breakfast Pizza , Orange Smiles, Fruit Juice • Cereal, Yogurt , Orange Smiles, Fruit Juice • Oatmeal Bar , Yogurt , Orange Smiles, Fruit Juice | <p>4</p> <ul style="list-style-type: none"> • Pancake Sausage Griddle 🍖, Fresh Melon 🍈, Fruit Juice • Yogurt , Fruit Streusel Muffin , Fresh Melon 🍈, Fruit Juice • Cereal, Cinnamon Toast , Fresh Melon 🍈, Fruit Juice • Oatmeal Bar , Cinnamon Toast , Fresh Melon 🍈, Fruit Juice | <p>5</p> <ul style="list-style-type: none"> • Cinnamon Roll , Banana, Fruit Juice • Breakfast Nachos , Banana, Fruit Juice • Cereal, Yogurt , Banana, Fruit Juice • Oatmeal Bar , Yogurt , Banana, Fruit Juice | <p>6</p> <ul style="list-style-type: none"> • Breakfast Sliders, Apple 🍏, Fruit Juice • Apple Turnover , Apple 🍏, Fruit Juice • Cereal, Toast & Jelly , Apple 🍏, Fruit Juice • Oatmeal Bar , Toast & Jelly , Apple 🍏, Fruit Juice | <p>7</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Grapes, Fruit Juice • Mini Waffles , Grapes, Fruit Juice • Cereal, Yogurt , Grapes, Fruit Juice • Oatmeal Bar , Yogurt , Grapes, Fruit Juice |
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| <p>10</p> <ul style="list-style-type: none"> • Pancakes w/ Fruit Topping , Apple 🍏, Fruit Juice • Sausage Biscuit 🍖, Apple 🍏, Fruit Juice • Cereal, Yogurt , Apple 🍏, Fruit Juice • Oatmeal Bar , Yogurt , Apple 🍏, Fruit Juice | <p>11</p> <ul style="list-style-type: none"> • Baked Omelet , Toast & Jelly , Watermelon 🍉, Fruit Juice • Strawberry Shortcake Biscuits , Watermelon 🍉, Fruit Juice • Cereal, Toast & Jelly , Watermelon 🍉, Fruit Juice • Oatmeal Bar , Toast & Jelly , Watermelon 🍉, Fruit Juice | <p>12</p> <ul style="list-style-type: none"> • Cinnamon Roll , Peaches, Fruit Juice • Egg & Cheese Bagel, Peaches, Fruit Juice • Cereal, Yogurt , Peaches, Fruit Juice • Oatmeal Bar , Yogurt , Peaches, Fruit Juice | <p>13</p> <ul style="list-style-type: none"> • Sausage Pancake on Stick 🍖, Pineapple, Fruit Juice • Yogurt , Fruit Streusel Muffin , Pineapple, Fruit Juice • Cereal, Cinnamon Toast , Pineapple, Fruit Juice • Oatmeal Bar , Cinnamon Toast , Pineapple, Fruit Juice | <p>14</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Strawberries, Fruit Juice • Mini Pancakes , Strawberries, Fruit Juice • Cereal, Yogurt , Strawberries, Fruit Juice • Oatmeal Bar , Yogurt , Strawberries, Fruit Juice |
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| <p>17</p> <ul style="list-style-type: none"> • Chocolate French Toast , Fresh Melon 🍈, Fruit Juice • Breakfast Pizza , Fresh Melon 🍈, Fruit Juice • Cereal, Yogurt , Fresh Melon 🍈, Fruit Juice • Oatmeal Bar , Yogurt , Fresh Melon 🍈, Fruit Juice | <p>18</p> <ul style="list-style-type: none"> • Pancake Sausage Griddle 🍖, Apple 🍏, Fruit Juice • Yogurt , Fruit Streusel Muffin , Apple 🍏, Fruit Juice • Cereal, Cinnamon Toast , Apple 🍏, Fruit Juice • Oatmeal Bar , Cinnamon Toast , Apple 🍏, Fruit Juice | <p>19</p> <ul style="list-style-type: none"> • Blueberry Sweet Roll w/ Lemon Glaze , Banana, Fruit Juice • Breakfast Nachos , Banana, Fruit Juice • Cereal, Yogurt , Banana, Fruit Juice • Oatmeal Bar , Yogurt , Banana, Fruit Juice | <p>20 Early Out!</p> <ul style="list-style-type: none"> • Scrambled Eggs , Toast & Jelly , Orange Smiles, Fruit Juice • Chocolate Stuffed Croissant , Orange Smiles, Fruit Juice • Cereal, Toast & Jelly , Orange Smiles, Fruit Juice • Oatmeal Bar , Toast & Jelly , Orange Smiles, Fruit Juice | <p>21 No School</p> |
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| <p>24</p> <ul style="list-style-type: none"> • Pancakes , Fresh Melon 🍈, Fruit Juice • Sausage Biscuit 🍖, Fresh Melon 🍈, Fruit Juice • Cereal, Yogurt , Fresh Melon 🍈, Fruit Juice • Oatmeal Bar , Yogurt , Fresh Melon 🍈, Fruit Juice | <p>25</p> <ul style="list-style-type: none"> • Scrambled Eggs , Toast & Jelly , Apple 🍏, Fruit Juice • Blueberry Crumb Cake , Apple 🍏, Fruit Juice • Cereal, Toast & Jelly , Apple 🍏, Fruit Juice • Oatmeal Bar , Toast & Jelly , Apple 🍏, Fruit Juice | <p>26</p> <ul style="list-style-type: none"> • Cinnamon Roll , Strawberries, Fruit Juice • Egg & Cheese Bagel, Strawberries, Fruit Juice • Cereal, Yogurt , Strawberries, Fruit Juice • Oatmeal Bar , Yogurt , Strawberries, Fruit Juice | <p>27</p> <ul style="list-style-type: none"> • Sausage Pancake on Stick 🍖, Pineapple, Fruit Juice • Yogurt , Fruit Streusel Muffin , Pineapple, Fruit Juice • Cereal, Cinnamon Toast , Pineapple, Fruit Juice • Oatmeal Bar , Cinnamon Toast , Pineapple, Fruit Juice | <p>28</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Peaches, Fruit Juice • Mini Pancakes , Peaches, Fruit Juice • Cereal, Yogurt , Peaches, Fruit Juice • Oatmeal Bar , Yogurt , Peaches, Fruit Juice |
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31 Halloween

- Spiderweb Pancakes, Orange Smiles, Fruit Juice
- Breakfast Pizza , Orange Smiles, Fruit Juice
- Cereal, Yogurt , Orange Smiles, Fruit Juice
- Oatmeal Bar , Yogurt , Orange Smiles, Fruit Juice

Harvest



of the Month

Don't forget to take the

"Extreme Fruit and Vegetable Challenge"

this month!



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
Farmhauer Farms
Rasa Orchard
Value Added Products

KEY:

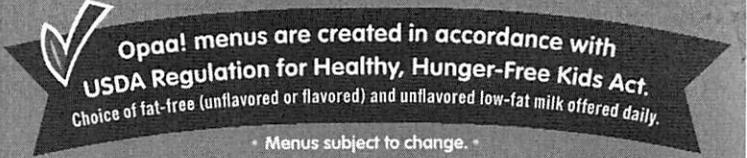
🏠 = All Items Prepared Fresh Daily in the Opaa! Kitchen

🌾 = All grains offered are Whole Grain-Rich

🍏 = Farm Fresh Product

🥜 = May contain peanuts

🍖 = Pork





LUNCH - OCTOBER 2016

Bowling Green R-1 School District High School



menus.opaafood.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3

- Chicken Nuggets w/ Italian Bread
- Meatball Sub
- Hamburger Mac N Cheese w/ Italian Bread
Fresh Garden Salad, Corn on the Cob, Applesauce, Fresh Fruit
- Mandarin Orange Chicken Salad, Applesauce, Fresh Fruit, Italian Bread

4

- Chicken Nachos w/ White Queso & Spanish Rice
- Beef Burrito
- Mexican Pizza
Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit
- Taco Salad, Mandarin Oranges, Fresh Fruit, Cornbread

5

- Chicken Patty / Spicy Chicken Patty
- Roast Turkey
- Fish Patty
Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Fresh Fruit, Hot Roll
- Strawberry Chicken Salad, Peaches, Fresh Fruit, Hot Roll

6

- 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

7

- Cheese Pizza
- Crispy Chicken Wrap
- Corn Dog
Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit
- Popcorn Chicken Salad, Pineapple, Fresh Fruit, Fruit Streusel Muffin

10 National School Lunch Week

- Chicken Alfredo w/ Garlic Bread
- Ham & Cheese Sandwich
- Turkey Club Wrap
Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit
- Mandarin Orange Chicken Salad, Peaches, Fresh Fruit, Garlic Bread

11 National School Lunch Week

- Bacon Cheeseburger
- Turkey Club Sub
- Grilled Chicken Sandwich
French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit
- Cobb Salad, Orange Pineapple Mix, Fresh Fruit, Fruit Streusel Muffin

12 National School Lunch Week

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

13 National School Lunch Week

- Soft Tacos
- Turkey Burger
- Chicken & Cheese Quesadilla
Fresh Garden Salad, Cowboy Beans, Fresh Fruit, Applesauce
- Taco Salad, Fresh Fruit, Applesauce, Cornbread

14 National School Lunch Week

- Pepperoni Pizza
- Chicken & Cheese Wrap
- Peanut Butter & Jelly w/ Yogurt
Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit, Watermelon, Rice Krispie S'more Bar
- Popcorn Chicken Salad, Fruit Streusel Muffin, Fresh Fruit, Watermelon, Rice Krispie S'more Bar

17

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

18

- 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

19

- Chicken Patty / Spicy Chicken Patty
- Roasted Pork
- Hamburger Steak
Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit, Hot Roll
- Strawberry Chicken Salad, Pineapple, Fresh Fruit, Hot Roll

20 Early Out!

- Hot Dog
- Chili w/ Cinnamon Roll
- BBQ Pork on Bun
Fresh Garden Salad, French Fries, Fresh Fruit, Pears
- Cobb Salad, Fresh Fruit, Pears, Fruit Streusel Muffin

21 No School

24

- Chicken Nuggets w/ Italian Bread
- Meatball Sub
- Beef & Noodles w/ Italian Bread
Fresh Garden Salad, Corn, Applesauce, Fresh Fruit
- Mandarin Orange Chicken Salad, Applesauce, Fresh Fruit, Italian Bread

25

- Bacon Cheeseburger
- Ham & Cheese French Toast Sandwich
- BBQ Rib on Bun
Tater Tots, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit
- Cobb Salad, Mandarin Oranges, Fresh Fruit, Fruit Streusel Muffin

26

- Chicken Patty / Spicy Chicken Patty
- Roast Turkey
- Fish Patty
Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Fruit, Peaches, Hot Roll
- Strawberry Chicken Salad, Fresh Fruit, Peaches, Hot Roll

27

- Chicken Nachos w/ White Queso & Spanish Rice
- Smothered Burrito
- Mexican Pizza
Fresh Garden Salad, Texas Pintos, Banana Orange Mix, Fresh Fruit
- Taco Salad, Banana Orange Mix, Fresh Fruit, Cornbread

28

- Cheese Pizza
- Fish Tacos
- Corn Dog
Fresh Garden Salad, Fresh Broccoli w/ Dip, Fresh Fruit, Pineapple
- Popcorn Chicken Salad, Fresh Fruit, Pineapple, Fruit Streusel Muffin

31 Halloween

- Spooky Spaghetti & Meatballs w/ Garlic Bread
- Ham & Cheese Wrap
- Spicy Chicken Patty Sandwich
Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit, Chocolate Orange Cookie
- Mandarin Orange Chicken Salad, Garlic Bread, Peaches, Fresh Fruit, Chocolate Orange Cookie

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



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



Opaa! designs elementary menus to meet the nutrition targets for

HealthierUS School Challenge!

KEY:

- 🏠 = All Items Prepared Fresh Daily in the Opaa! Kitchen
- 🌾 = All grains offered are Whole Grain-Rich
- 🍏 = Farm Fresh Product
- 🥜 = May contain peanuts
- 🐷 = Pork





LUNCH - OCTOBER 2016

Bowling Green R-1 School District Elementary School



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 3 <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Hamburger Mac N Cheese w/ Italian Bread Fresh Garden Salad, Corn on the Cob, Applesauce, Fresh Fruit 🍏 • Mandarin Orange Chicken Salad, Corn on the Cob, Applesauce, Fresh Fruit 🍏, Italian Bread | 4 <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso • Mexican Pizza Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏 • Taco Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏, Cornbread | 5 <ul style="list-style-type: none"> • Chicken Patty • Fish Patty Mashed Potatoes w/ Gravy, Glazed Carrots, Peaches, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Glazed Carrots, Peaches, Fresh Fruit 🍏, Hot Roll | 6 <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 | 7 <ul style="list-style-type: none"> • Cheese Pizza • Corn Dog Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏 • Popcorn Chicken Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏, Fruit Streusel Muffin |
| 10 National School Lunch Week <ul style="list-style-type: none"> • Chicken Alfredo w/ Italian Bread • Turkey Club Wrap Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏 • Mandarin Orange Chicken Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏, Italian Bread | 11 National School Lunch Week <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 | 12 National School Lunch Week <ul style="list-style-type: none"> • Chicken Patty • Baked Ham 🍖 Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Corn, Pears, Fresh Fruit 🍏, Hot Roll | 13 National School Lunch Week <ul style="list-style-type: none"> • Soft Tacos • Chicken & Cheese Quesadilla Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce • Taco Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce, Cornbread | 14 National School Lunch Week <ul style="list-style-type: none"> • Pepperoni Pizza • Peanut Butter & Jelly 🍪 w/ Yogurt Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit 🍏, Watermelon 🍉, Rice Krispie S'more Bar • Popcorn Chicken Salad, Baby Carrots w/ Dip, Fruit Streusel Muffin, Fresh Fruit 🍏, Watermelon 🍉, Rice Krispie S'more Bar |
| 17 <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 • Mandarin Orange Chicken Salad, Steamed Broccoli, Fresh Fruit 🍏, Cinnamon Apple Slices, Italian Bread | 18 <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 | 19 <ul style="list-style-type: none"> • Chicken Patty • Roasted Pork 🍖 Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Mashed Potatoes w/ Gravy, Pineapple, Fresh Fruit 🍏, Hot Roll | 20 Early Out! <ul style="list-style-type: none"> • Hot Dog • Chili w/ Cinnamon Roll Fresh Garden Salad, French Fries, Fresh Fruit 🍏, Pears • Cobb Salad, Fresh Fruit 🍏, Pears, Fruit Streusel Muffin | 21 No School |
| 24 <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Meatball Sub 🍖 Fresh Garden Salad, Corn, Applesauce, Fresh Fruit 🍏 • Mandarin Orange Chicken Salad, Corn, Applesauce, Fresh Fruit 🍏, Italian Bread | 25 <ul style="list-style-type: none"> • Cheeseburger • Ham & Cheese French Toast Sandwich 🍖 Tater Tots, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 • Cobb Salad, Mandarin Oranges, Fresh Fruit 🍏, Fruit Streusel Muffin | 26 <ul style="list-style-type: none"> • Chicken Patty • Roast Turkey Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Fruit 🍏, Peaches, Hot Roll • Strawberry Chicken Salad, Glazed Carrots, Fresh Fruit 🍏, Peaches, Hot Roll | 27 <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso • Smothered Burrito Fresh Garden Salad, Texas Pintos, Banana Orange Mix, Fresh Fruit 🍏 • Taco Salad, Texas Pintos, Banana Orange Mix, Fresh Fruit 🍏, Cornbread | 28 <ul style="list-style-type: none"> • Cheese Pizza • Fish Tacos Fresh Garden Salad, Fresh Broccoli w/ Dip, Fresh Fruit 🍏, Pineapple • Popcorn Chicken Salad, Fresh Broccoli w/ Dip, Fresh Fruit 🍏, Pineapple, Fruit Streusel Muffin |
| 31 Halloween <ul style="list-style-type: none"> • Spooky Spaghetti & Meatballs 🍖 w/ Italian Bread • Chicken Patty on a Bun Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏, Chocolate Orange Cookie • Mandarin Orange Chicken Salad, Cheesy Cauliflower Popcorn, Italian Bread, Peaches, Fresh Fruit 🍏, Chocolate Orange Cookie | <p>Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!</p> |  <p>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</p> <p>Partnering with us in this endeavor are the following Hamra Farms Farhmeier Farms Rasa Orchard Value Added Products</p> |  <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p>HealthierUS School Challenge!</p> | <p>KEY:</p> <ul style="list-style-type: none"> 🏠 = All Items Prepared Fresh Daily in the Opaa! Kitchen 🌾 = All grains offered are Whole Grain-Rich 🍏 = Farm Fresh Product 🥜 = May contain peanuts 🍖 = Pork |

