



LUNCH - OCTOBER 2016

Bowling Green R-1 School District Elementary School



menus.opaafood.com

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 Fahrmeier 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

FEED YOUR BRAIN!



LUNCH - OCTOBER 2016

Bowling Green R-1 School District High School



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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>3</p> <ul style="list-style-type: none"> • 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 	<p>4</p> <ul style="list-style-type: none"> • 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 	<p>5</p> <ul style="list-style-type: none"> • 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 	<p>6</p> <ul style="list-style-type: none"> • 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 	<p>7</p> <ul style="list-style-type: none"> • 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
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<p>10 National School Lunch Week</p> <ul style="list-style-type: none"> • 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 	<p>11 National School Lunch Week</p> <ul style="list-style-type: none"> • 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 	<p>12 National School Lunch Week</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Meatloaf • Baked Ham • Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit, Hot Roll • Strawberry Chicken Salad, Peaches, Fresh Fruit, Hot Roll 	<p>13 National School Lunch Week</p> <ul style="list-style-type: none"> • Soft Tacos • Turkey Burger • Chicken & Cheese Quesadilla • Fresh Garden Salad, Cowboy Beans, Fresh Fruit, Applesauce • Taco Salad, Fresh Fruit, Applesauce, Cornbread 	<p>14 National School Lunch Week</p> <ul style="list-style-type: none"> • 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
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<p>17</p> <ul style="list-style-type: none"> • 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 	<p>18</p> <ul style="list-style-type: none"> • 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 	<p>19</p> <ul style="list-style-type: none"> • 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 	<p>20 Early Out!</p> <ul style="list-style-type: none"> • 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 	<p>21 No School</p>
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<p>24</p> <ul style="list-style-type: none"> • 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 	<p>25</p> <ul style="list-style-type: none"> • 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 	<p>26</p> <ul style="list-style-type: none"> • 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 	<p>27</p> <ul style="list-style-type: none"> • 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 	<p>28</p> <ul style="list-style-type: none"> • 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
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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 Middle High School



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3

- **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

- **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

- **Chicken Patty**
- **Spicy 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

- **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

- **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

- **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

- **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

- **Chicken Patty**
- **Spicy 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

- **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

- **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

- **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

- **Super Nachos**
- **Beef Enchiladas**
Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏
- **Taco Salad**, Refried Beans, Mandarin Oranges, Fresh Fruit 🍏, Cornbread

19

- **Chicken Patty**
- **Roasted Pork** 🍖
- **Spicy Chicken Patty**
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!

- **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

- **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

- **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

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

27

- **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

- **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

- **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

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