



# BREAKFAST - JANUARY 2015

Baxter Springs USD 508 High School



menus.opaafood.com

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### KEY:

- ♥ = Smart Choice entree item (16 grams of fat or less)
- 🏠 = Homemade fresh in the Opaa! kitchen
- 🌾 = Whole Grain-Rich
- 🍏 = Farm Fresh Product
- 🥜 = Made with peanuts
- 🐷 = Pork



Opaa! is proud to provide fresh, locally-grown produce whenever they are available.

Partnering with us in this endeavor are the following Missouri farms:  
**Hamra Farms**  
**Farhmeier Farms**  
**Rasa Orchard**

Don't forget to take the



**"Extreme Fruit and Vegetable" Challenge**

**1 No School**

**2 No School**

**5 No School**

**6 Welcome Back!**

**7**

**8**

**9**

- Pancake Sausage Griddle 🌾 🏠 ♥ 🐷, Fresh Apple 🍏, Chilled Juice
- Fruit & Yogurt Parfait 🏠 ♥, Fruit Streusel Muffin 🏠 🌾 ♥, Fresh Apple 🍏, Chilled Juice
- General Mills Cereal 🌾 ♥, Cinnamon Toast 🌾, Fresh Apple 🍏, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Cinnamon Toast 🌾, Fresh Apple 🍏, Chilled Juice

- Orange Roll 🌾 🏠 ♥, Banana, Chilled Juice
- Bagel w/ Egg & Cheese 🌾 ♥, Banana, Chilled Juice
- General Mills Cereal 🌾 ♥, Yogurt ♥, Banana, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Banana, Chilled Juice

- Beacon Street Sliders 🌾 ♥, Roasted Sweet Potato Bites ♥, Chilled Juice, Mandarin Oranges
- Fruit & Yogurt Parfait 🏠 ♥, Fruit Streusel Muffin 🏠 🌾 ♥, Chilled Juice, Mandarin Oranges
- General Mills Cereal 🌾 ♥, Toast & Jelly 🌾, Chilled Juice, Mandarin Oranges
- Oatmeal Bar 🌾 🏠 ♥, Toast & Jelly 🌾, Chilled Juice, Mandarin Oranges

- Biscuits & Gravy 🌾 ♥, Sausage ♥ 🐷, Chilled Juice, Peaches
- Mini Pancakes 🌾 ♥, Chilled Juice, Peaches
- General Mills Cereal 🌾 ♥, Yogurt ♥, Chilled Juice, Peaches
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Chilled Juice, Peaches

**12**

**13**

**14**

**15 New Item!!**

**16**

- Waffles 🌾 ♥, Chilled Juice, Fresh Apple 🍏
- Sausage Biscuit 🏠 🌾 🐷, Chilled Juice, Fresh Apple 🍏
- General Mills Cereal 🌾 ♥, Yogurt ♥, Chilled Juice, Fresh Apple 🍏
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Chilled Juice, Fresh Apple 🍏

- Cinnamon Roll 🏠 🌾 ♥, Chilled Juice, Applesauce
- Scrambled Eggstravaganza ♥, Roasted Sweet Potato Bites ♥, Toast & Jelly 🌾, Chilled Juice, Applesauce
- General Mills Cereal 🌾 ♥, Toast & Jelly 🌾, Chilled Juice, Applesauce
- Oatmeal Bar 🌾 🏠 ♥, Toast & Jelly 🌾, Chilled Juice, Applesauce

- Sausage Pancake on Stick 🌾 ♥ 🐷, Chilled Juice, Mandarin Oranges
- Breakfast Fruit Turnover 🌾 ♥ 🏠, Yogurt ♥, Chilled Juice, Mandarin Oranges
- General Mills Cereal 🌾 ♥, Yogurt ♥, Chilled Juice, Mandarin Oranges
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Chilled Juice, Mandarin Oranges

- Stuffed Blueberry Pancakes 🌾 🏠 ♥, Pineapple, Chilled Juice
- Fruit & Yogurt Parfait 🏠 ♥, Fruit Streusel Muffin 🏠 🌾 ♥, Pineapple, Chilled Juice
- General Mills Cereal 🌾 ♥, Cinnamon Toast 🌾, Pineapple, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Cinnamon Toast 🌾, Pineapple, Chilled Juice

- Biscuits & Gravy 🌾 ♥, Sausage ♥ 🐷, Strawberries, Chilled Juice
- Mini Pancakes 🌾 ♥, Strawberries, Chilled Juice
- General Mills Cereal 🌾 ♥, Yogurt ♥, Strawberries, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Strawberries, Chilled Juice

**19**

**20**

**21 New Item!!**

**22**

**23**

- French Toast Sticks 🌾 ♥, Orange Smiles, Chilled Juice
- Breakfast Pizza ♥ 🌾, Orange Smiles, Chilled Juice
- General Mills Cereal 🌾 ♥, Yogurt ♥, Orange Smiles, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Orange Smiles, Chilled Juice

- Pancake Sausage Griddle 🌾 🏠 ♥ 🐷, Pineapple, Chilled Juice
- Fruit & Yogurt Parfait 🏠 ♥, Fruit Streusel Muffin 🏠 🌾 ♥, Pineapple, Chilled Juice
- General Mills Cereal 🌾 ♥, Cinnamon Toast 🌾, Pineapple, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Cinnamon Toast 🌾, Pineapple, Chilled Juice

- Chocolate Chip Scone 🌾 🏠 ♥, Banana, Chilled Juice
- Bagel w/ Egg & Cheese 🌾 ♥, Banana, Chilled Juice
- General Mills Cereal 🌾 ♥, Yogurt ♥, Banana, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Banana, Chilled Juice

- Beacon Street Sliders 🌾 ♥, Roasted Sweet Potato Bites ♥, Tropical Fruit, Chilled Juice
- Fruit & Yogurt Parfait 🏠 ♥, Fruit Streusel Muffin 🏠 🌾 ♥, Tropical Fruit, Chilled Juice
- General Mills Cereal 🌾 ♥, Toast & Jelly 🌾, Tropical Fruit, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Toast & Jelly 🌾, Tropical Fruit, Chilled Juice

- Biscuits & Gravy 🌾 ♥, Sausage ♥ 🐷, Chilled Juice, Applesauce
- Mini Pancakes 🌾 ♥, Chilled Juice, Applesauce
- General Mills Cereal 🌾 ♥, Yogurt ♥, Chilled Juice, Applesauce
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Chilled Juice, Applesauce

**26**

**27**

**28**

**29 New Item!!**

**30**

- Waffles 🌾 ♥, Chilled Juice, Strawberries
- Sausage Biscuit 🏠 🌾 🐷, Chilled Juice, Strawberries
- General Mills Cereal 🌾 ♥, Yogurt ♥, Chilled Juice, Strawberries
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Chilled Juice, Strawberries

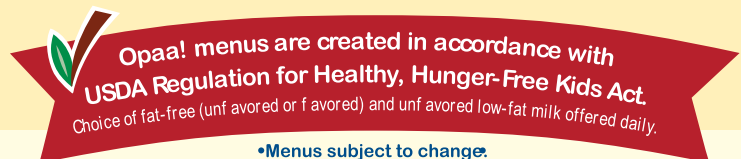
- Cinnamon Roll 🏠 🌾 ♥, Fresh Apple 🍏, Chilled Juice
- Scrambled Eggstravaganza ♥, Roasted Sweet Potato Bites ♥, Toast & Jelly 🌾, Fresh Apple 🍏, Chilled Juice
- General Mills Cereal 🌾 ♥, Toast & Jelly 🌾, Fresh Apple 🍏, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Toast & Jelly 🌾, Fresh Apple 🍏, Chilled Juice

- Sausage Pancake on Stick 🌾 ♥ 🐷, Chilled Juice, Mandarin Oranges
- Breakfast Fruit Turnover 🌾 ♥ 🏠, Yogurt ♥, Chilled Juice, Mandarin Oranges
- General Mills Cereal 🌾 ♥, Yogurt ♥, Chilled Juice, Mandarin Oranges
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Chilled Juice, Mandarin Oranges

- Blueberry Scone 🌾 ♥ 🏠, Chilled Juice, Fresh Fruit
- Fruit & Yogurt Parfait 🏠 ♥, Fruit Streusel Muffin 🏠 🌾 ♥, Chilled Juice, Fresh Fruit
- General Mills Cereal 🌾 ♥, Cinnamon Toast 🌾, Chilled Juice, Fresh Fruit
- Oatmeal Bar 🌾 🏠 ♥, Cinnamon Toast 🌾, Chilled Juice, Fresh Fruit

- Biscuits & Gravy 🌾 ♥, Sausage ♥ 🐷, Pineapple, Chilled Juice
- Mini Pancakes 🌾 ♥, Pineapple, Chilled Juice
- General Mills Cereal 🌾 ♥, Yogurt ♥, Pineapple, Chilled Juice
- Oatmeal Bar 🌾 🏠 ♥, Yogurt ♥, Pineapple, Chilled Juice

Download our mobile menu App at [menus.opaafood.com](http://menus.opaafood.com).





# LUNCH - JANUARY 2015

Baxter Springs USD 508 High School



menus.opaafood.com

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

- KEY:**
- ♥ = Smart Choice entree item (16 grams of fat or less)
  - 🏠 = Homemade fresh in the Opaa! kitchen
  - 🌾 = Whole Grain-Rich
  - 🍏 = Farm Fresh Product
  - 🥜 = Made with peanuts
  - 🐷 = Pork

**Opaa! designs elementary menus to meet the nutrition targets for**



**HealthierUS School Challenge!**

**Don't forget to take the**



**"Extreme Fruit and Vegetable" Challenge**

**1** No School

**2** No School

**5** No School

**6** Welcome Back!

- Opaarito 🌾 🏠
- BBQ Chicken Nachos w/ Spanish Rice 🌾 🏠  
Fresh Garden Salad 🍏, Cowboy Beans 🏠, Fresh Orange Smiles, Applesauce
- Garden Fresh Salad Bar 🍏 ♥, Fresh Orange Smiles, Applesauce, Cornbread 🏠 🌾
- Baked Potato Bar 🏠 ♥, Broccoli Cheddar Soup, Cowboy Beans 🏠, Fresh Orange Smiles, Applesauce, Cornbread 🏠 🌾

**7**

- Chicken Patty ♥ 🌾 / Grilled Chicken ♥
- Homestyle Meatloaf 🏠  
Mashed Potatoes w/ Gravy, Steamed Broccoli, Blushing Pears, Pineapple, Opaa!
- Garden Fresh Salad Bar 🍏 ♥, Blushing Pears, Pineapple, Opaa! Hot Roll 🏠 🌾
- BBQ Pork on Bun ♥ 🌾 🐷, Mashed Potatoes w/ Gravy, Steamed Broccoli, Blushing Pears, Pineapple

**8** New Item!!

- BBQ Mac N Cheese 🌾
- Coney Dog 🏠 🌾  
Roasted Vegetables 🍏, Spring Mix Salad, Fresh Banana, Fresh Apple 🍏
- Garden Fresh Salad Bar 🍏 ♥, Fresh Banana, Fresh Apple 🍏, Opaa! Italian Bread 🏠 🌾
- Breakfast Bar 🌾 🏠 🐷, Tater Tots, Roasted Vegetables 🍏, Fresh Banana, Fresh Apple 🍏

**9** Sweet Treat Day

- Opaa! Cheese Pizza 🌾 🏠
- Spicy Chicken Patty on a Bun 🌾  
Red Peppers w/ Dip, Caesar Side Salad, Orange Pineapple Mix, Strawberry Banana Mix, Rice Krispie S'More Bars 🌾 🏠
- Garden Fresh Salad Bar 🍏 ♥, Fruit Streusel Muffin 🏠 🌾, Orange Pineapple Mix, Strawberry Banana Mix, Rice Krispie S'More Bars 🌾 🏠
- South of the Border Bar w/ Spanish Rice 🌾 🏠, Red Peppers w/ Dip, Caesar Side Salad, Orange Pineapple Mix, Strawberry Banana Mix, Rice Krispie S'More Bars 🌾 🏠

**12**

- Chicken & Waffles 🌾
- 3 Cheese Grilled Cheese 🌾 🏠  
Corn, Steamed Broccoli, Pineapple, Fresh Orange Smiles
- Garden Fresh Salad Bar 🍏 ♥, Pineapple, Fresh Orange Smiles, Blueberry Fruit Muffin 🏠 🌾
- All American Hot Dog Bar 🌾 🏠 ♥, Corn, Steamed Broccoli, Pineapple, Fresh Orange Smiles, 3 Cheese Mac & Cheese 🌾

**13**

- Super Nachos w/ Spanish Rice 🌾 🏠
- Chili w/ Cornbread 🌾 🏠 ♥  
Chopped Garden Salad, Hawaiian Beans 🏠 🐷, Tropical Fruit, Mandarin Oranges
- Garden Fresh Salad Bar 🍏 ♥, Tropical Fruit, Mandarin Oranges, Cornbread 🏠 🌾
- Build Your Own Burger Bar 🌾 ♥, Oven Fries, Hawaiian Beans 🏠 🐷, Tropical Fruit, Mandarin Oranges

**14**

- Chicken Patty ♥ 🌾 / Grilled Chicken ♥
- Roast Turkey ♥ 🏠  
Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Banana, Cinnamon Apple Slices 🍏, Opaa! Hot Roll 🏠 🌾
- Garden Fresh Salad Bar 🍏 ♥, Fresh Banana, Cinnamon Apple Slices 🍏, Opaa! Hot Roll 🏠 🌾
- Corn Dog ♥ 🌾, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Banana, Cinnamon Apple Slices 🍏

**15** Monthly Menu Feature!

- Baja Chicken Street Tacos 🌾 🏠 ♥
- BBQ Rib on Bun ♥ 🌾 🐷  
Oven Fries, Fresh Tomato Slices 🍏, Applesauce, Orange Pineapple Mix
- Garden Fresh Salad Bar 🍏 ♥, Applesauce, Orange Pineapple Mix, Opaa! Italian Bread 🏠 🌾
- Italian Pasta Bar 🏠 🌾 🐷, Spring Mix Salad, Fresh Tomato Slices 🍏, Applesauce, Orange Pineapple Mix, Opaa! Italian Bread 🏠 🌾

**16**

- Opaa! Pepperoni Pizza 🌾 🏠
- Hot Dog on Bun w/ Mac & Cheese 🌾 🏠  
Opaa! Tomato Soup 🏠, Caesar Side Salad, Peaches, Fresh Apple 🍏
- Garden Fresh Salad Bar 🍏 ♥, Peaches, Fresh Apple 🍏, Fruit Streusel Muffin 🏠 🌾
- Gourmet Grilled Cheese Bar 🏠 🌾 ♥, Opaa! Tomato Soup 🏠, Caesar Side Salad, Peaches, Fresh Apple 🍏

**19** New Item!!

- Cheeseburger ♥ 🌾
- BBQ Pork Opaarito 🌾 🏠 🐷  
Tater Tots, Fresh Tomato Slices 🍏, Fresh Apple 🍏, Peaches
- Garden Fresh Salad Bar 🍏 ♥, Fresh Apple 🍏, Peaches, Blueberry Fruit Muffin 🏠 🌾
- Breakfast Bar 🌾 🏠 🐷, Tater Tots, Fresh Tomato Slices 🍏, Fresh Apple 🍏, Peaches

**20** New Item!!

- Empanada 🌾 🏠
- Chicken Strips w/ Cornbread 🏠 🌾  
Fresh Garden Salad 🍏, Texas Pinto's 🏠, Fresh Banana, Mandarin Oranges
- Garden Fresh Salad Bar 🍏 ♥, Fresh Banana, Mandarin Oranges, Cornbread 🏠 🌾
- South of the Border Bar 🏠 🌾 ♥, Fresh Garden Salad 🍏, Texas Pinto's 🏠, Fresh Banana, Mandarin Oranges, Spanish Rice 🏠 🌾

**21**

- Chicken Patty ♥ 🌾 / Grilled Chicken ♥
- Homestyle Meatloaf 🏠  
Mashed Potatoes w/ Gravy, Roasted Vegetables 🍏, Tropical Fruit, Applesauce, Opaa! Hot Roll 🏠 🌾
- Garden Fresh Salad Bar 🍏 ♥, Tropical Fruit, Applesauce, Opaa! Hot Roll 🏠 🌾
- Toasted Ham & Cheese Sandwich 🌾, Baked Potato Soup, Roasted Vegetables 🍏, Tropical Fruit, Applesauce

**22** Monthly Menu Feature!

- Spicy Chicken Carnitas Street Tacos 🌾 ♥ 🏠
- Chicken & Noodles w/ Italian Bread 🌾 🏠 ♥  
Carrot Coins, Chopped Garden Salad, Fresh Orange Smiles, Pineapple
- Garden Fresh Salad Bar 🍏 ♥, Fresh Orange Smiles, Pineapple, Opaa! Italian Bread 🏠 🌾
- Build Your Own Burger Bar 🌾 ♥, Carrot Coins, Chopped Garden Salad, Fresh Orange Smiles, Pineapple, Baked Chips 🌾

**23** Sweet Treat Day

- Opaa! Buffalo Chicken Pizza ♥ 🏠 🌾
- Popcorn Chicken Wrap 🌾 🏠  
Red Peppers w/ Dip, Caesar Side Salad, Cinnamon Apple Slices 🍏, Banana Orange Mix, Hot Fudge Pudding Cake 🌾 🏠
- Garden Fresh Salad Bar 🍏 ♥, Fruit Streusel Muffin 🏠 🌾, Cinnamon Apple Slices 🍏, Banana Orange Mix, Hot Fudge Pudding Cake 🌾 🏠
- Fresh From the Opaa! Oven Calzone Bar 🏠 🌾 ♥, Red Peppers w/ Dip, Caesar Side Salad, Cinnamon Apple Slices 🍏, Banana Orange Mix, Hot Fudge Pudding Cake 🌾 🏠

**26**

- Hot Dog on Bun w/ Mac & Cheese 🌾 🏠
- Grilled Cheese Sandwich 🏠 🌾  
Fresh Tomato Slices 🍏, Fresh Garden Salad 🍏, Fresh Apple 🍏, Pineapple
- Garden Fresh Salad Bar 🍏 ♥, Fresh Apple 🍏, Pineapple, Blueberry Fruit Muffin 🏠 🌾
- Italian Pasta Bar 🏠 🌾 🐷, Fresh Tomato Slices 🍏, Fresh Garden Salad 🍏, Fresh Apple 🍏, Pineapple, Opaa! Focaccia Bread 🏠 🌾

**27** New Item!!

- Super Nachos w/ Spanish Rice 🌾 🏠
- Chicken Soft Taco 🌾 ♥  
Chopped Garden Salad, BBQ Bacon Beans 🏠 🐷, Fresh Banana, Orange Pineapple Mix
- Garden Fresh Salad Bar 🍏 ♥, Fresh Banana, Orange Pineapple Mix, Cornbread 🏠 🌾
- Baked Potato Bar 🏠 ♥, Chopped Garden Salad, BBQ Bacon Beans 🏠 🐷, Fresh Banana, Orange Pineapple Mix, Cornbread 🏠 🌾

**28**

- Chicken Patty ♥ 🌾 / Grilled Chicken ♥
- Fish Sticks 🌾  
Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Fresh Orange Smiles, Opaa! Hot Roll 🏠 🌾
- Garden Fresh Salad Bar 🍏 ♥, Blushing Pears, Fresh Orange Smiles, Opaa! Hot Roll 🏠 🌾
- French Dip 🏠 🌾, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Fresh Orange Smiles

**29** New Item!!

- Cheeseburger ♥ 🌾
- Pepperoni Calzone 🏠 🌾  
Steamed Broccoli, Tater Tots, Tropical Fruit, Cinnamon Apple Slices 🍏
- Garden Fresh Salad Bar 🍏 ♥, Tropical Fruit, Cinnamon Apple Slices 🍏, Opaa! Italian Bread 🏠 🌾
- Orient Express Bar 🌾 🏠 ♥, Glazed Carrots, Steamed Broccoli, Tropical Fruit, Cinnamon Apple Slices 🍏, Fried Rice 🏠 🌾

**30**

- Tony's Pizza ♥ 🌾 🐷
- Italian Sub on Deli Bun 🌾 🏠 ♥ 🐷  
Baby Carrots w/ Hummus, Caesar Side Salad, Peaches, Fresh Banana
- Garden Fresh Salad Bar 🍏 ♥, Peaches, Fresh Banana, Fruit Streusel Muffin 🏠 🌾
- Nacho Bar 🌾 🏠, Baby Carrots w/ Hummus, Caesar Side Salad, Peaches, Fresh Banana, Spanish Rice 🏠 🌾



This institution is an equal-opportunity provider.