



# BREAKFAST - NOVEMBER 2016

Santa Fe Trail USD 434 Overbrook Attendance Center



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### KEY:

= All Items Prepared Fresh Daily in the Opaa! Kitchen

= All grains offered are Whole Grain-Rich

= Farm Fresh Product

= May contain peanuts

= Pork

1

- **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

2

- **S'More Sweet Roll**, Banana, Fruit Juice
- **Breakfast Nachos**, Banana, Fruit Juice
- **Cereal**, Yogurt, Banana, Fruit Juice
- **Oatmeal Bar**, Yogurt, Banana, Fruit Juice

3

- **Breakfast Sliders**, Apple , Fruit Juice
- **Apple Turnover**, Apple , Fruit Juice
- **Cereal**, Toast & Jelly, Apple , Fruit Juice
- **Oatmeal Bar**, Toast & Jelly, Apple , Fruit Juice

4

- **Biscuits & Gravy**, Sausage , Grapes, Fruit Juice
- **Mini Waffles**, Grapes, Fruit Juice
- **Cereal**, Yogurt, Grapes, Fruit Juice
- **Oatmeal Bar**, Yogurt, Grapes, Fruit Juice

7

- **Pancakes w/ Fruit Topping**, Apple , Fruit Juice
- **Sausage Biscuit** , Apple , Fruit Juice
- **Cereal**, Yogurt, Apple , Fruit Juice
- **Oatmeal Bar**, Yogurt, Apple , Fruit Juice

8

- **Baked Omelet**, Toast & Jelly, Banana, Fruit Juice
- **Strawberry Shortcake Biscuits**, Banana, Fruit Juice
- **Cereal**, Toast & Jelly, Banana, Fruit Juice
- **Oatmeal Bar**, Toast & Jelly, Banana, Fruit Juice

9

- **Orange Roll**, Peaches, Fruit Juice
- **Egg & Cheese Bagel**, Peaches, Fruit Juice
- **Cereal**, Yogurt, Peaches, Fruit Juice
- **Oatmeal Bar**, Yogurt, Peaches, Fruit Juice

10

- **Sausage Pancake on Stick** , Pineapple, Fruit Juice
- **Yogurt**, Pumpkin Muffin, Pineapple, Fruit Juice
- **Cereal**, Cinnamon Toast, Pineapple, Fruit Juice
- **Oatmeal Bar**, Cinnamon Toast, Pineapple, Fruit Juice

11

- **Biscuits & Gravy**, Sausage , Strawberries, Fruit Juice
- **Mini Pancakes**, Strawberries, Fruit Juice
- **Cereal**, Yogurt, Strawberries, Fruit Juice
- **Oatmeal Bar**, Yogurt, Strawberries, Fruit Juice

14

- **Pumpkin Pie French Toast**, Cinnamon Apples, Fruit Juice
- **Breakfast Pizza**, Cinnamon Apples, Fruit Juice
- **Cereal**, Yogurt, Cinnamon Apples, Fruit Juice
- **Oatmeal Bar**, Yogurt, Cinnamon Apples, Fruit Juice

15

- **Pancake Sausage Griddle** , Orange Smiles, Fruit Juice
- **Yogurt**, Pumpkin Muffin, Orange Smiles, Fruit Juice
- **Cereal**, Cinnamon Toast, Orange Smiles, Fruit Juice
- **Oatmeal Bar**, Cinnamon Toast, Orange Smiles, Fruit Juice

16

- **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

17

- **Scrambled Eggs**, Toast & Jelly, Apple , Fruit Juice
- **Chocolate Stuffed Croissant**, Apple , Fruit Juice
- **Cereal**, Toast & Jelly, Apple , Fruit Juice
- **Oatmeal Bar**, Toast & Jelly, Apple , Fruit Juice

18

- **Biscuits & Gravy**, Sausage , Pineapple, Fruit Juice
- **Mini Waffles**, Pineapple, Fruit Juice
- **Cereal**, Yogurt, Pineapple, Fruit Juice
- **Oatmeal Bar**, Yogurt, Pineapple, Fruit Juice

21 No School

22 No School

23 Thanksgiving Break

24 Thanksgiving Break

25 Thanksgiving Break

28

- **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

29

- **Pancake Sausage Griddle** , Pears, Fruit Juice
- **Yogurt**, Pears, Fruit Juice
- **Cereal**, Cinnamon Toast, Pears, Fruit Juice
- **Oatmeal Bar**, Cinnamon Toast, Pears, Fruit Juice

30

- **Cinnamon Roll**, Banana, Fruit Juice
- **Breakfast Nachos**, Banana, Fruit Juice
- **Cereal**, Yogurt, Banana, Fruit Juice
- **Oatmeal Bar**, Yogurt, Banana, Fruit Juice



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**

Don't forget to take the

**"Extreme Fruit and Vegetable Challenge"**

this month!



This institution is an equal opportunity provider.

Opaa! menus are created in accordance with  
**USDA Regulation for Healthy, Hunger-Free Kids Act.**  
 Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered daily.

• Menus subject to change. •

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# LUNCH - NOVEMBER 2016

Santa Fe Trail USD 434 Overbrook Attendance Center



menus.opaafood.com

## MONDAY

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1

- **Chicken Soft Tacos**
- **Frito Pie**  
Fresh Garden Salad, Cowboy Beans, Fresh Fruit , Orange Pineapple Mix
- **Taco Salad**, Cowboy Beans, Fresh Fruit , Orange Pineapple Mix, Cornbread
- **Garden Fresh Salad Bar**, Steamed Broccoli, Italian Bread, Fresh Fruit , Orange Pineapple Mix, 3 Cheese Mac & Cheese

2

- **Chicken Patty**
- **Meatloaf**  
Mashed Potatoes w/ Gravy, Corn, Fresh Fruit , Pears, Hot Roll
- **Strawberry Chicken Salad**, Corn, Pears, Fresh Fruit , Hot Roll
- **Garden Fresh Salad Bar**, Corn, Fresh Fruit , Pears, Hot Roll

3

- **Cheeseburger**
- **Italian Sub**
- French Fries, Fresh Garden Salad, Strawberry Banana Mix, Fresh Fruit
- **Cobb Salad**, Strawberry Banana Mix, Fresh Fruit , Fruit Streusel Muffin
- **Garden Fresh Salad Bar**, Tater Tots, Fresh Garden Salad, Strawberry Banana Mix, Fresh Fruit

4

- **Pepperoni Pizza**
- **Chicken & Avocado Club Wrap**  
Fresh Garden Salad, Baby Carrots w/ Dip, Applesauce, Fresh Fruit
- **Popcorn Chicken Salad**, Baby Carrots w/ Dip, Applesauce, Fresh Fruit , Fruit Streusel Muffin
- **Garden Fresh Salad Bar**, Fresh Garden Salad, Baby Carrots w/ Dip, Applesauce, Fresh Fruit , Spanish Rice

7

- **Chicken & Waffles**
- **Mozzarella Dunkers w/ Marinara**  
Fresh Garden Salad, Steamed Broccoli, Pineapple, Fresh Fruit
- **Mandarin Orange Chicken Salad**, Steamed Broccoli, Pineapple, Fresh Fruit , Italian Bread
- **Garden Fresh Salad Bar**, Fresh Garden Salad, Steamed Broccoli, Pineapple, Fresh Fruit , Italian Bread

8

- **Hot Dog**
- **Turkey Burger**  
French Fries, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit
- **Cobb Salad**, Mandarin Oranges, Fresh Fruit , Fruit Streusel Muffin
- **Garden Fresh Salad Bar**, Mixed Vegetables, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit , Fried Rice

9

- **Chicken Patty**
- **Roasted Pork**
- Mashed Potatoes w/ Gravy, Green Beans, Cinnamon Apple Slices, Fresh Fruit , Hot Roll
- **Strawberry Chicken Salad**, Mashed Potatoes w/ Gravy, Cinnamon Apple Slices, Fresh Fruit , Hot Roll
- **Garden Fresh Salad Bar**, Green Beans, Cinnamon Apple Slices, Fresh Fruit , Hot Roll

10

- **Super Nachos**
- **Chicken Enchilada w/ White Queso**  
Fresh Garden Salad, Refried Beans, Pears, Fresh Fruit
- **Taco Salad**, Refried Beans, Pears, Fresh Fruit , Cornbread
- **Garden Fresh Salad Bar**, Fresh Garden Salad, Refried Beans, Pears, Fresh Fruit

11

- **Tony's Pizza**
- **Parmesan Chicken Sandwich**  
Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit
- **Popcorn Chicken Salad**, Roasted Vegetables, Tropical Fruit, Fresh Fruit , Fruit Streusel Muffin
- **Garden Fresh Salad Bar**, Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit

14

- **Chicken Nuggets w/ Italian Bread**
- **Meatball Sub**
- Fresh Garden Salad, Corn, Peaches, Fresh Fruit
- **Mandarin Orange Chicken Salad**, Corn, Peaches, Fresh Fruit , Italian Bread
- **Garden Fresh Salad Bar**, Fresh Garden Salad, Corn, Peaches, Fresh Fruit

15

- **Chicken Nachos w/ White Queso**
- **Beef Burrito**  
Fresh Garden Salad, Texas Pintos, Pineapple, Fresh Fruit
- **Taco Salad**, Texas Pintos, Pineapple, Fresh Fruit , Cornbread
- **Garden Fresh Salad Bar**, Fresh Garden Salad, Texas Pintos, Pineapple, Fresh Fruit

16 Thanksgiving Feast

- **Roast Turkey**
- **Chicken Patty**  
Mashed Potatoes w/ Gravy, Glazed Carrots, Hot Roll, Applesauce, Fresh Fruit , Pumpkin Spiced Krispie Treat

17

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

18

- **Cheese Pizza**
- **Crispy Chicken Wrap**  
Fresh Garden Salad, Fresh Broccoli w/ Dip, Mandarin Oranges, Fresh Fruit
- **Popcorn Chicken Salad**, Fresh Broccoli w/ Dip, Mandarin Oranges, Fresh Fruit , Fruit Streusel Muffin
- **Garden Fresh Salad Bar**, Fresh Broccoli w/ Dip, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit , Spanish Rice

21 No School

22 No School

23 No School

24 Thanksgiving Break

25 Thanksgiving Break

28

- **Popcorn Chicken w/ Italian Bread**
- **Pizza Grilled Cheese Sandwich**  
Fresh Garden Salad, Steamed Broccoli, Fresh Fruit , Cinnamon Apple Slices
- **Italian Chef Salad**, Steamed Broccoli, Fresh Fruit , Cinnamon Apple Slices, Italian Bread
- **Garden Fresh Salad Bar**, Italian Bread, Steamed Broccoli, Fresh Fruit , Cinnamon Apple Slices

29

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

30

- **Chicken Patty**
- **Roasted Pork**
- Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Fresh Fruit , Hot Roll
- **Chicken Caesar Salad**, Mashed Potatoes w/ Gravy, Pineapple, Fresh Fruit , Hot Roll
- **Garden Fresh Salad Bar**, Green Beans, Pineapple, Fresh Fruit , Hot Roll



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!**

# FEED YOUR BRAIN!