



BREAKFAST - MAY 2017

Nowata School District Nowata Elementary

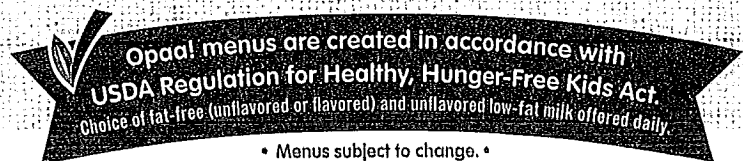


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • Pancakes w/ Fruit Topping, Pears, Fruit Juice • Sausage Biscuit 🍖, Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal Bar, Yogurt, Pears, Fruit Juice 	2 <ul style="list-style-type: none"> • Scrambled Eggs, Toast & Jelly, Apple 🍏, Fruit Juice • Strawberry Shortcake Biscuits, Apple 🍏, Fruit Juice • Cereal, Toast & Jelly, Apple 🍏, Fruit Juice • Oatmeal Bar, Toast & Jelly, Apple 🍏, Fruit Juice 	3 <ul style="list-style-type: none"> • Lemon Roll, Peaches, Fruit Juice • Egg & Cheese Bagel, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal Bar, Yogurt, Peaches, Fruit Juice 	4 <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 	5 School Lunch Hero Day! <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
8 <ul style="list-style-type: none"> • French Toast Casserole, Apple 🍏, Fruit Juice • Breakfast Pizza, Apple 🍏, Fruit Juice • Cereal, Yogurt, Apple 🍏, Fruit Juice • Oatmeal Bar, Yogurt, Apple 🍏, Fruit Juice 	9 <ul style="list-style-type: none"> • Pancake Sausage Griddle 🍖, Peaches, Fruit Juice • Yogurt, Fruit Streusel Muffin, Peaches, Fruit Juice • Cereal, Cinnamon Toast, Peaches, Fruit Juice • Oatmeal Bar, Cinnamon Toast, Peaches, Fruit Juice 	10 <ul style="list-style-type: none"> • Blueberry Sweet Roll w/ Lemon Glaze, Orange Smiles, Fruit Juice • Breakfast Nachos, Orange Smiles, Fruit Juice • Cereal, Yogurt, Orange Smiles, Fruit Juice • Oatmeal Bar, Yogurt, Orange Smiles, Fruit Juice 	11 <ul style="list-style-type: none"> • Scrambled Eggs, Toast & Jelly, Grapes, Fruit Juice • Chocolate Stuffed Croissant, Grapes, Fruit Juice • Cereal, Toast & Jelly, Grapes, Fruit Juice • Oatmeal Bar, Toast & Jelly, Grapes, Fruit Juice 	12 <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Banana, Fruit Juice • Mini Waffles, Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal Bar, Yogurt, Banana, Fruit Juice
15	16	17	18	19
22	23	24	25	26
29	30	31	<div style="text-align: center;"> <h2>Harvest</h2> <div style="border: 1px solid black; width: 100px; height: 20px; margin: 5px auto;"></div> <div style="border: 1px solid black; width: 100px; height: 20px; margin: 5px auto;"></div> <h2>of the Month</h2> </div>	
				<p>All Items Prepared Fresh Daily in the Opaal Kitchen</p> <p>All grains offered are Whole Grain-Rich</p> <p>KEY:</p> <ul style="list-style-type: none"> 🍏 = Farm Fresh Product 🌰 = May contain peanuts 🍖 = Pork



This institution is an equal opportunity provider.





LUNCH - MAY 2017

Nowata School District Nowata Elementary



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Hamburger Mac & Cheese w/ Italian Bread <i>Stoppys Joe's</i> • Fresh Garden Salad, Corn, Applesauce, Fresh Fruit 🍏 • Mandarin Orange Chicken Salad, Corn, Applesauce, Fresh Fruit 🍏, Italian Bread 	2 <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso • Cheeseburger • Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏 • Taco Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏, Cornbread 	3 <ul style="list-style-type: none"> • Chicken Patty • Fish Patty • Mashed Potatoes w/ Gravy, Glazed Carrots, Banana Orange Mix, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Glazed Carrots, Banana Orange Mix, Fresh Fruit 🍏, Hot Roll 	4 <ul style="list-style-type: none"> • BBQ Rib on Bun 🍖 • Stuffed Taco • Tater Tots, Fresh Garden Salad, Peaches, Fresh Fruit 🍏 • Cobb Salad, Peaches, Fresh Fruit 🍏, Fruit Streusel Muffin 	5 School Lunch Hero Day! <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
8 <ul style="list-style-type: none"> • Chicken Alfredo w/ Italian Bread • Ham & Cheese Sandwich 🍖 • Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏 • Mandarin Orange Chicken Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏, Italian Bread 	9 <ul style="list-style-type: none"> • Cheeseburger • Turkey Club Sub • French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit 🍏 • Cobb Salad, Orange Pineapple Mix, Fresh Fruit 🍏, Fruit Streusel Muffin 	10 <ul style="list-style-type: none"> • Chicken Patty • Meatloaf • Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Corn, Pears, Fresh Fruit 🍏, Hot Roll 	11 <ul style="list-style-type: none"> • Soft Tacos • Turkey Burger • Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce • Taco Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce, Cornbread 	12 <ul style="list-style-type: none"> • Pepperoni Pizza • Chicken & Cheese Wrap • Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit 🍏, Strawberry Banana Mix • Popcorn Chicken Salad, Baby Carrots w/ Dip, Fresh Fruit 🍏, Strawberry Banana Mix, Fruit Streusel Muffin
15	16	17	18	19
22	23	24	25	26
29	30	31	 <p>Opaal is proud to provide farm fresh, locally-grown products whenever they are available.</p> <p>Partnering with us in this endeavor are the following</p> <p>Hamra Farms Farhmeier Farms Rasa Orchard Value Added Products</p>	
<p>All Items Prepared Fresh Daily in the Opaal! Kitchen</p> <p>All grains offered are Whole Grain-Rich</p> <p>KEY:</p> <p>🍏 = Farm Fresh Product</p> <p>🌰 = May contain peanuts</p> <p>🍖 = Pork</p>				

