



# BREAKFAST - MAY 2017

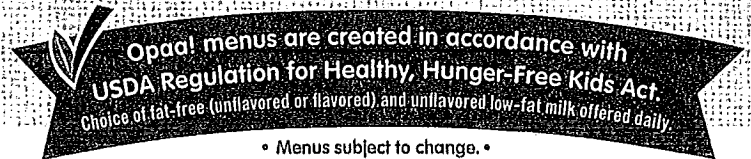
Nowata School District Nowata High School



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



This institution is an equal opportunity provider.



• Menus subject to change. •



# LUNCH - MAY 2017

Nowata School District Nowata High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> <ul style="list-style-type: none"> <li>• Chicken Nuggets w/ Italian Bread</li> <li>• <del>Hamburger, White Cheddar</del></li> <li>• Italian Bread <i>Sticky Tacs</i></li> <li>• Fresh Garden Salad, Corn, Applesauce, Fresh Fruit 🍏</li> <li>• Garden Fresh Salad Bar, Applesauce, Fresh Fruit 🍏, Italian Bread</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• Chicken Nachos w/ White Queso &amp; Spanish Rice</li> <li>• Bacon Cheeseburger 🍖</li> <li>• Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏</li> <li>• Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit 🍏, Cornbread</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Chicken Patty / Spicy Chicken Patty</li> <li>• Fish Patty</li> <li>• Mashed Potatoes w/ Gravy, Glazed Carrots, Banana Orange Mix, Fresh Fruit 🍏, Hot Roll</li> <li>• Garden Fresh Salad Bar, Banana Orange Mix, Fresh Fruit 🍏, Hot Roll</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• BBQ Rib on Bun 🍖</li> <li>• Stuffed Taco</li> <li>• Tater Tots, Fresh Garden Salad, Peaches, Fresh Fruit 🍏</li> <li>• Garden Fresh Salad Bar, Peaches, Fresh Fruit 🍏, Fruit Streusel Muffin</li> </ul>	<b>5 School Lunch Hero Day!</b> <ul style="list-style-type: none"> <li>• Taco Pizza</li> <li>• Corn Dog</li> <li>• Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏</li> <li>• Garden Fresh Salad Bar, Pineapple, Fresh Fruit 🍏, Fruit Streusel Muffin</li> </ul>	
<b>8</b> <ul style="list-style-type: none"> <li>• Chicken Alfredo w/ Garlic Bread</li> <li>• Ham &amp; Cheese Sandwich 🍖</li> <li>• Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏</li> <li>• Garden Fresh Salad Bar, Peaches, Fresh Fruit 🍏, Garlic Bread</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• Bacon Cheeseburger 🍖</li> <li>• Turkey Club Sub</li> <li>• French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit 🍏</li> <li>• Garden Fresh Salad Bar, Orange Pineapple Mix, Fresh Fruit 🍏, Fruit Streusel Muffin</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Chicken Patty / Spicy Chicken Patty</li> <li>• Meatloaf</li> <li>• Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit 🍏, Hot Roll</li> <li>• Garden Fresh Salad Bar, Pears, Fresh Fruit 🍏, Hot Roll</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• Soft Tacos</li> <li>• Turkey Burger</li> <li>• Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce</li> <li>• Garden Fresh Salad Bar, Fresh Fruit 🍏, Applesauce, Cornbread</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Chicken &amp; Cheese Wrap</li> <li>• Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit 🍏, Strawberry Banana Mix</li> <li>• Garden Fresh Salad Bar, Fresh Fruit 🍏, Strawberry Banana Mix, Fruit Streusel Muffin</li> </ul>	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
<b>29</b>	<b>30</b>	<b>31</b>	 <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  <b>Hamra Farms</b>  <b>Farhmeier Farms</b>  <b>Rasa Orchard</b>  <b>Value Added Products</b></p>		
				<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"> <li>🍏 = Farm Fresh Product</li> <li>🌰 = May contain peanuts</li> <li>🍖 = Pork</li> </ul>	

