



BREAKFAST - OCTOBER 2016

Montgomery County R-II School District High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	<ul style="list-style-type: none"> Pancake Sausage Griddle 🍳, Fresh Melon 🍈, Fruit Juice Fruit & Yogurt Parfait, Fruit Streusel Muffin, Fresh Melon 🍈, Fruit Juice Cereal, Cinnamon Toast, Fresh Melon 🍈, Fruit Juice Oatmeal Bar, Cinnamon Toast, Fresh Melon 🍈, Fruit Juice 	<ul style="list-style-type: none"> Cinnamon Roll, Banana, Fruit Juice Breakfast Nachos, Banana, Fruit Juice Cereal, Yogurt, Banana, Fruit Juice Oatmeal Bar, Yogurt, Banana, Fruit Juice 	<ul style="list-style-type: none"> Breakfast Sliders, Apple 🍏, Fruit Juice Apple Turnover, Apple 🍏, Fruit Juice Cereal, Toast & Jelly, Apple 🍏, Fruit Juice Oatmeal Bar, Toast & Jelly, Apple 🍏, Fruit Juice 	<ul style="list-style-type: none"> Biscuits & Gravy, Sausage 🍖, Grapes, Fruit Juice Mini Waffles, Grapes, Fruit Juice Cereal, Yogurt, Grapes, Fruit Juice Oatmeal Bar, Yogurt, Grapes, Fruit Juice
10	11	12	13	14
	<ul style="list-style-type: none"> Scrambled Eggs, Toast & Jelly, Watermelon 🍉, Fruit Juice Strawberry Shortcake Biscuits, Watermelon 🍉, Fruit Juice Cereal, Toast & Jelly, Watermelon 🍉, Fruit Juice Oatmeal Bar, Toast & Jelly, Watermelon 🍉, Fruit Juice 	<ul style="list-style-type: none"> Cinnamon Roll, Peaches, Fruit Juice Egg & Cheese Bagel, Peaches, Fruit Juice Cereal, Yogurt, Peaches, Fruit Juice Oatmeal Bar, Yogurt, Peaches, Fruit Juice 	<ul style="list-style-type: none"> Sausage Pancake on Stick 🍳, Pineapple, Fruit Juice Fruit & Yogurt Parfait, Fruit Streusel Muffin, Pineapple, Fruit Juice Cereal, Cinnamon Toast, Pineapple, Fruit Juice Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice 	<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
17	18	19	20	21
	<ul style="list-style-type: none"> Pancake Sausage Griddle 🍳, Apple 🍏, Fruit Juice Fruit & Yogurt Parfait, Fruit Streusel Muffin, Apple 🍏, Fruit Juice Cereal, Cinnamon Toast, Apple 🍏, Fruit Juice Oatmeal Bar, Cinnamon Toast, Apple 🍏, Fruit Juice 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Scrambled Eggs, Toast & Jelly, Orange Smiles, Fruit Juice Chocolate Stuffed Croissant, Orange Smiles, Fruit Juice Cereal, Toast & Jelly, Orange Smiles, Fruit Juice Oatmeal Bar, Toast & Jelly, Orange Smiles, Fruit Juice 	<ul style="list-style-type: none"> Biscuits & Gravy, Sausage 🍖, Grapes, Fruit Juice Mini Waffles, Grapes, Fruit Juice Cereal, Yogurt, Grapes, Fruit Juice Oatmeal Bar, Yogurt, Grapes, Fruit Juice
24	25	26	27	28
	<ul style="list-style-type: none"> Baked Omelet, Toast & Jelly, Apple 🍏, Fruit Juice Blueberry Crumb Cake, Apple 🍏, Fruit Juice Cereal, Toast & Jelly, Apple 🍏, Fruit Juice Oatmeal Bar, Toast & Jelly, Apple 🍏, Fruit Juice 	<ul style="list-style-type: none"> Cinnamon Roll, Strawberries, Fruit Juice Egg & Cheese Bagel, Strawberries, Fruit Juice Cereal, Yogurt, Strawberries, Fruit Juice Oatmeal Bar, Yogurt, Strawberries, Fruit Juice 	<ul style="list-style-type: none"> Sausage Pancake on Stick 🍳, Pineapple, Fruit Juice Fruit & Yogurt Parfait, Fruit Streusel Muffin, Pineapple, Fruit Juice Cereal, Cinnamon Toast, Pineapple, Fruit Juice Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice 	<ul style="list-style-type: none"> Biscuits & Gravy, Sausage 🍖, Peaches, Fruit Juice Mini Pancakes, Peaches, Fruit Juice Cereal, Yogurt, Peaches, Fruit Juice Oatmeal Bar, Yogurt, Peaches, Fruit Juice
31	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <h2>Harvest of the Month</h2> </div> <div style="text-align: center;"> <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <h3>HealthierUS School Challenge!</h3> </div> </div>		<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <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</p> <p>Hamra Farms Farhmeier Farms Rasa Orchard</p> <p>Value Added Products</p> </div> <div style="text-align: center;"> <p>KEY:</p> <p>🏠 = All Items Prepared Fresh Daily in the Opaa! Kitchen</p> <p>🌾 = All grains offered are Whole Grain-Rich</p> <p>🍏 = Farm Fresh Product</p> <p>🐿 = May contain peanuts</p> <p>🍖 = Pork</p> </div> </div>	



This institution is an equal opportunity provider.

