



BREAKFAST - APRIL 2017

Billings R-IV School District Middle School



menus.opaafood.com

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All Items Prepared Fresh Daily in the Opaal Kitchen

All grains offered are Whole Grain-Rich

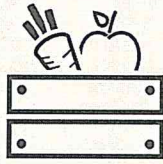
KEY:

= Farm Fresh Product

= May contain peanuts

= Pork

Harvest



of the Month



HealthierUS School Challenge!

Opaal designs elementary menus to meet the nutrition targets for



Opaal is proud to provide farm fresh, locally-grown products whenever they are available.

Partnering with us in this endeavor are the following
Hamra Farms
Fahrmeier Farms
Rasa Orchard
Value Added Products

Don't forget to take the

"Extreme Fruit and Vegetable Challenge"

this month!

3

- Pancakes w/ Fruit Topping, Pears, Fruit Juice
- Cereal, Yogurt, Pears, Fruit Juice
- Oatmeal, Yogurt, Pears, Fruit Juice

4

- Scrambled Eggs, Cinnamon Toast, Apple , Fruit Juice
- Cereal, Cinnamon Toast, Apple , Fruit Juice
- Oatmeal, Cinnamon Toast, Apple , Fruit Juice

5

- Cinnamon Roll, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

6

- Sausage Pancake on Stick , Pineapple, Fruit Juice
- Cereal, Cinnamon Toast, Pineapple, Fruit Juice
- Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice

7

- Biscuits & Gravy, Sausage , Chilled Fruit, Fruit Juice
- Cereal, Yogurt, Chilled Fruit, Fruit Juice
- Oatmeal, Yogurt, Chilled Fruit, Fruit Juice

10

- Chocolate French Toast, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

11

- Pancake Sausage Griddle , Apple , Fruit Juice
- Cereal, Cinnamon Toast, Apple , Fruit Juice
- Oatmeal, Cinnamon Toast, Apple , Fruit Juice

12

- Cinnamon Roll, Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal, Yogurt, Banana, Fruit Juice

13

- Scrambled Eggs, Cinnamon Toast, Grapes, Fruit Juice
- Cereal, Cinnamon Toast, Grapes, Fruit Juice
- Oatmeal, Cinnamon Toast, Grapes, Fruit Juice

14 No School

17 No School

18

- Scrambled Eggs, Cinnamon Toast, Banana, Fruit Juice
- Cereal, Cinnamon Toast, Banana, Fruit Juice
- Oatmeal, Cinnamon Toast, Banana, Fruit Juice

19

- Cinnamon Roll, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

20

- Sausage Pancake on Stick , Pineapple, Fruit Juice
- Cereal, Cinnamon Toast, Pineapple, Fruit Juice
- Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice

21

- Biscuits & Gravy, Sausage , Chilled Fruit, Fruit Juice
- Cereal, Yogurt, Chilled Fruit, Fruit Juice
- Oatmeal, Yogurt, Chilled Fruit, Fruit Juice

24

- French Toast Sticks, Orange Smiles, Fruit Juice
- Cereal, Yogurt, Orange Smiles, Fruit Juice
- Oatmeal, Yogurt, Orange Smiles, Fruit Juice

25

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

26

- Cinnamon Roll, Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal, Yogurt, Banana, Fruit Juice

27

- Breakfast Sliders, Apple , Fruit Juice
- Cereal, Cinnamon Toast, Apple , Fruit Juice
- Oatmeal, Cinnamon Toast, Apple , Fruit Juice

28

- Biscuits & Gravy, Sausage , Grapes, Fruit Juice
- Cereal, Yogurt, Grapes, Fruit Juice
- Oatmeal, Yogurt, Grapes, Fruit Juice



This institution is an equal opportunity provider.

Opaal 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. •