



# Colcord Public Schools and Opaa!



## What is Opaa!?

Opaa! Is a Greek word meaning HURRAY! Opaa! is a Child Nutrition company that specializes in serving the nutritional needs of K-12 school districts. Opaa! is family owned and has been serving K-12 students since 1978. School food is all we manage, which makes students their #1 priority. Opaa! is headquartered in Chesterfield, MO.

Knowing that students have different tastes, we offer a variety of choices to meet as many students' tastes as possible.



Let's elaborate.

High school students are always provided with four options for breakfast. Breakfast options 1 and 2 offer a variety of breakfast favorites cereal and oatmeal are offered daily. Smoothies are available Tuesdays and Thursdays, and omelet bar on Wednesdays. Each morning we also make available a Grab-n-Go Cart somewhere on campus for those students that don't eat breakfast in the cafeteria.



For lunch, High School students have the option to pick between four different lunch. Lunch choices vary, but every Wednesday is Chicken

Patty and every Friday is Pizza. A full salad bar is offered with a variety of meats and vegetables. There is no limit to the ways one can create their salad. The most popular choice is the specialty bar. Which allows students to build their own plate. A fresh fruit bar and vegetable bar is offered daily with each meal.



Fresh salad bar offered daily.



Fresh fruit and vegetable bar offered daily.

Elementary students have 4 choices for breakfast, same as high school. Thursday's the students have the additional option of a smoothie. For lunch, the students have 3 choices. The specialty chief salads are pre-ordered. A fresh fruit and vegetable bar is offered daily and is loaded with a variety of choices.





## Wellness and Nutrition

Opaa! is in compliance with all state and federal regulations. Opaa! designs all menus based on the Healthy Hunger Free Kids Act 2010. They meet the requirements for age-appropriate serving sizes. Opaa! makes every effort to keep student favorites meals on the menu by making them healthier. Each student is required to select a ½ cup of fruit for breakfast and /12 cup fruit or vegetable at lunch each day. Opaa! also uses MyPlate to teach the kids to make healthier food choices.



## More than just food

We strive to make our cafeteria a place where the kids will enjoy coming. We build encouraging relationships with the students. Games are played and special days are celebrated. Recent holidays we have celebrated include: Veterans Day, Dr. Seuss Week, National Breakfast Week, and many more. A free of charge after school program and summer school program are available to all students.



Dr. Seuss Week

For more information about Opaa! visit  
[www.opaafood.com](http://www.opaafood.com)



National Breakfast Week



Local firefighters participate in National Breakfast Week



Winner of Lucky Tray Game and Veterans Day Table

<b>28</b>	<b>29</b>
<ul style="list-style-type: none"> <li>• Pancake Sausage Griddle ☞, Cinnamon Apples, Fruit Juice</li> <li>• Fruit &amp; Yogurt Parfait, Fruit Streusel Muffin, Cinnamon Apple, Fruit Juice</li> <li>• Cereal, Cinnamon Toast, Cinnamon Apple, Fruit Juice</li> <li>• Oatmeal Bar, Cinnamon Toast, Cinnamon Apple, Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Cinnamon Roll, Banana, Fruit Juice</li> <li>• Breakfast Nachos, Banana, Fruit Juice</li> <li>• Cereal, Yogurt, Banana, Fruit Juice</li> <li>• Oatmeal Bar, Yogurt, Banana, Fruit Juice</li> </ul>

Example of breakfast and lunch menus

<b>28</b>	<b>29</b>
<ul style="list-style-type: none"> <li>• Cheeseburger</li> <li>• Grilled Chicken Sandwich</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> <li>• Breakfast Bar ☞, Tater Tots, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit ☺</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty / Spicy Chicken Patty</li> <li>• Baked Ham ☞</li> <li>Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit ☺, Hot Roll</li> <li>• Garden Fresh Salad Bar, Corn, Pears, Fresh Fruit ☺, Hot Roll</li> <li>• Baked Potato Bar, Corn, Pears, Fresh Fruit ☺, Hot Roll</li> </ul>