

# Make Their Day!

## Opaa! and Wellness

### Healthy, Hunger-Free Kids Act

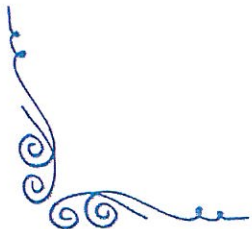
The Healthy, Hunger-Free Kids Act (HHFKA) is a major step forward in the fight to end childhood hunger, improve nutrition, and fight childhood obesity. These guidelines provide regulations for lunch, breakfast and all foods sold to students on school campus during the school day. The HHFKA regulations establish guidelines for calories, fat, trans fat and sodium. The regulations identify the following five meal components:

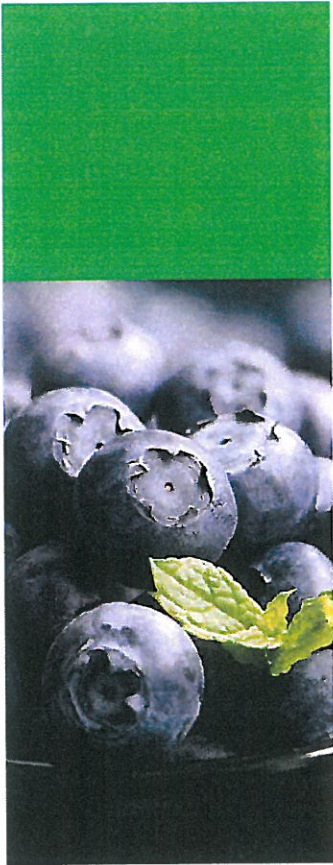
- Meat/Meat Alternate — New daily minimums and weekly minimums and maximums have been established.
- Grain — 100% of the credible grains offered must be whole grain-rich.
- Fruit — A variety of fruit choices will be offered daily.
- Vegetables — Increased variety of vegetables, including subgroups of dark green, red/orange, beans/peas, starchy vegetable & other vegetables will be offered.
- Milk — Unflavored milk can be either 1% low-fat or fat free. All flavored milk is fat-free.

Opaa!'s Wellness and Nutrition Team ensures that menus reflect good menu planning principles, such as a variety of healthier foods that look good, taste good and appeal to the students we serve, while keeping your school district in compliance with all USDA regulations.

### Opaa! and Farm-to-School

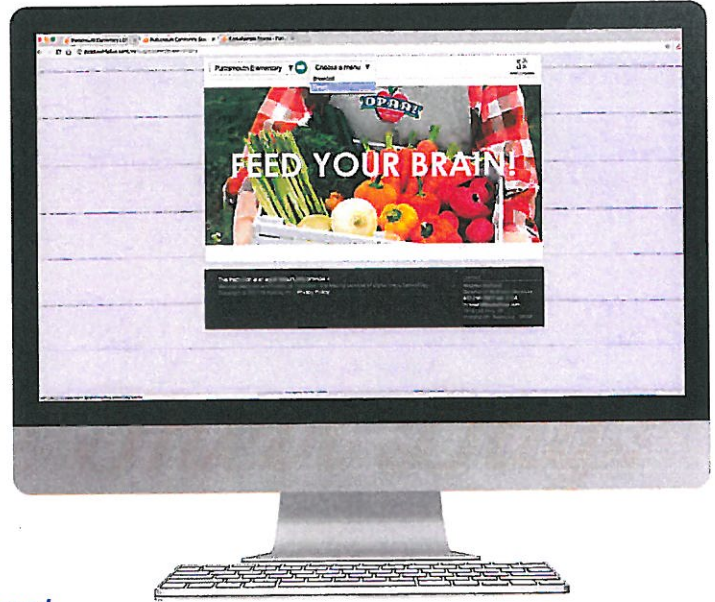
Working with local farms we bring a variety of fresh fruits and vegetables to student meals. Providing experiences for students to interact with those who produce the food is a value-added experience for students. Farm-to-School isn't just about bringing the food to the table! It is about educating students about the importance of farm production in their state. Providing students with an understanding of what is grown locally and introducing them to the farmers plays a key role in increasing student acceptance of more fresh fruit and vegetables and as a result students are consuming more foods fresh from the farm.



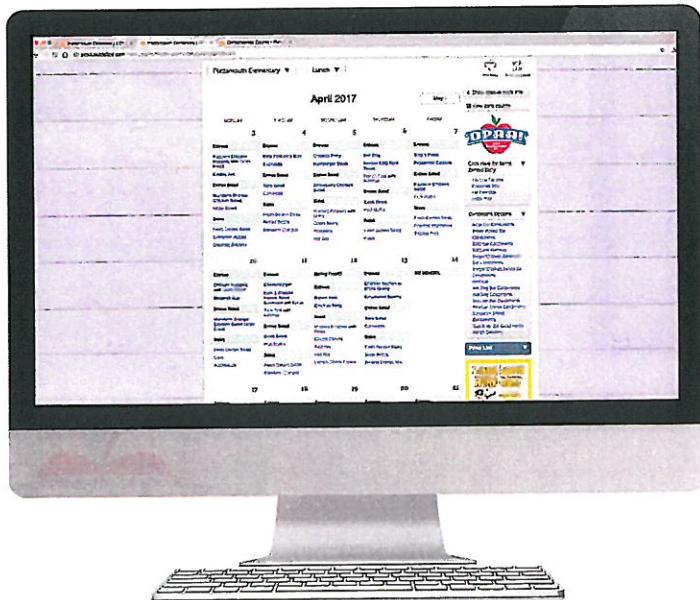


# Make Their Day!

Nutrislice takes school menu accessibility to a whole new level



**Providing parents and students a quick, easy and environmental-friendly menu** is easy with Opaa!'s digital menu format, Nutrislice. With the click of a button, your menu will be published to smartphones, tablets and computers making menus easily accessible for parents and students alike; however, paper menus are still available on demand by the user. The menu homepage is customized with your school district name, mascot, district specific marketing and Director of Nutrition Services contact information.

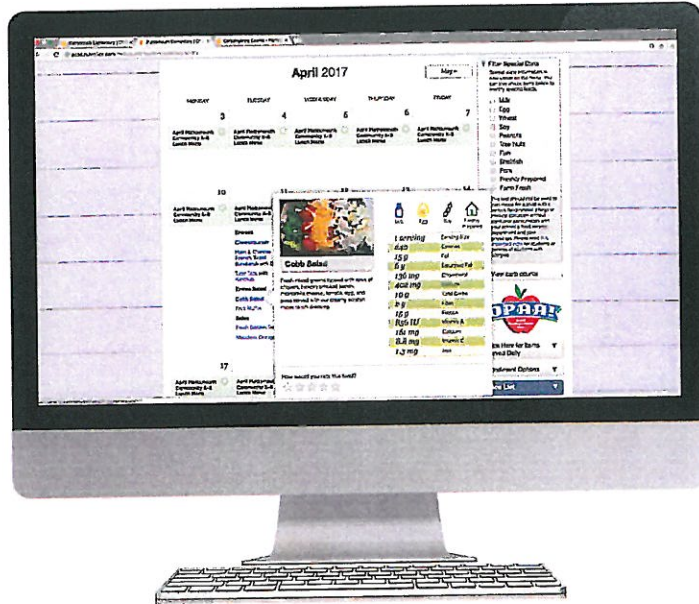
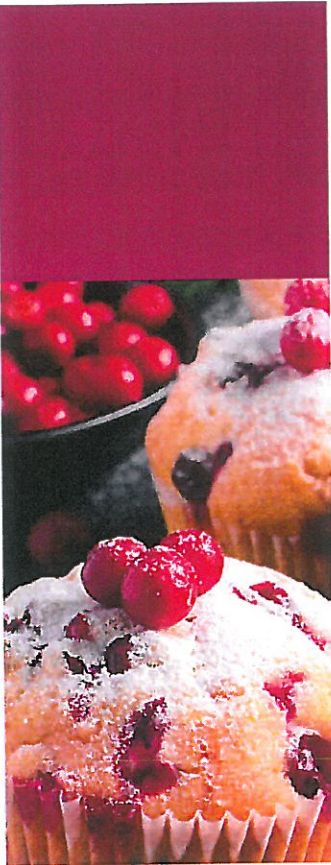


**With the click of a button** the district's monthly menu is available. With all reimbursable meals, Opaa! offers a fresh fruit and vegetable bar daily.

Opaa! also offers as many as five reimbursable lunch choices and provides extra choices such as Opaa! to Go meals, action stations and a pizza bar.\* In addition, Opaa! offers as many as four reimbursable breakfast choices along with fresh omelet stations, smoothie stations and Grab-n-Go kiosks.\*

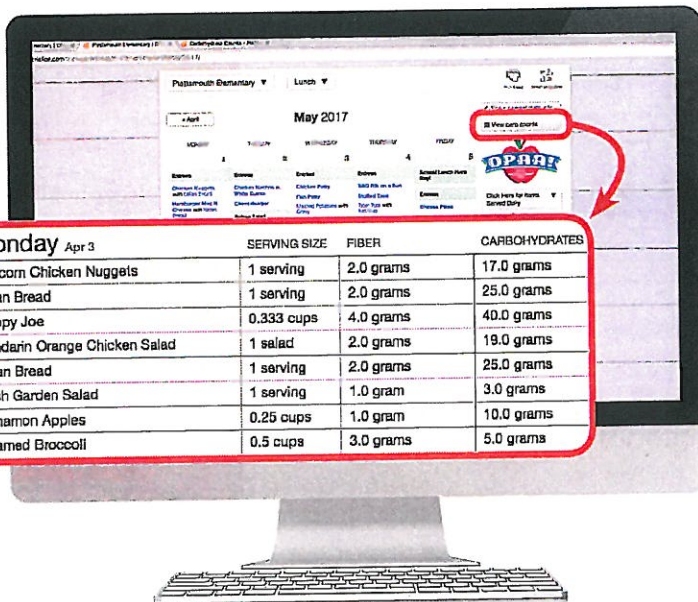
*\*Offerings are available only if facilities allow.*

# Make Their Day!



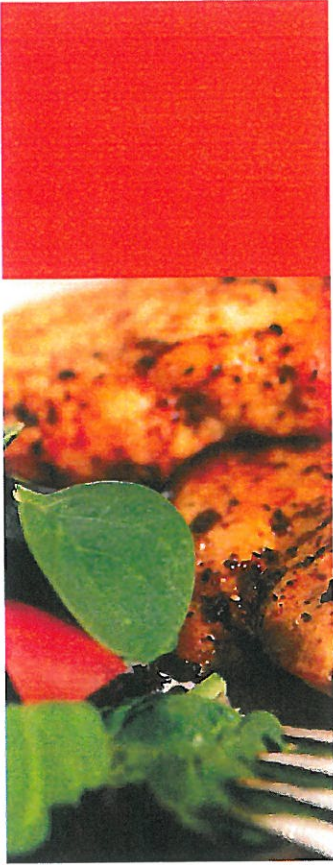
You can easily view information about what is on the school menu each day. You can see an image and description for food items, as well as nutrition information. Features include:

- Menu icons noting freshly prepared items and farm to school products
- Nutrition information
- Major eight allergens
- Multi-language needs



Whether your student has special diet restrictions or you are interested in other aspects of your foods, you can easily label each food with the appropriate icon and make those foods filterable. Identifying carb counts for diabetic students or allergens for students with food allergies can give parents and school nurses much needed information and security as you deal with the complexity of managing allergies and special diets.

# Make Their Day!



**For your convenience**, our menus are available on mobile apps. Download our free app today by going to: [Yourdistrict.nutrislice.com](http://Yourdistrict.nutrislice.com) or search for "Nutrislice" through your app store

# September 2018

## Plattsmouth Early Childhood Center Breakfast

**MONDAY****3**

NO SCHOOL

**TUESDAY****4**

Entrees  
 • Cereal  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**WEDNESDAY****5**

Entrees  
 • Sausage Pancake on a Stick with Syrup  
 Fruit  
 • Fresh Fruit

**THURSDAY****6**

Entrees  
 • Oatmeal  
 Fruit  
 • Chilled Fruit

**FRIDAY****7**

NO SCHOOL

**10**

Entrees  
 • Breakfast Pizza  
 Fruit  
 • Fresh Fruit

**11**

Entrees  
 • French Toast Sticks with Syrup  
 Fruit  
 • Chilled Fruit

**12**

Entrees  
 • Cereal  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**13**

Entrees  
 • Scrambled Eggs  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**14**

Entrees  
 • Fruit Muffin  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**17**

Entrees  
 • Pancakes with Syrup  
 Fruit  
 • Fresh Fruit

**18**

Entrees  
 • Pancake Sausage Griddle  
 Fruit  
 • Chilled Fruit

**19**

Entrees  
 • Cereal  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**20**

Entrees  
 • Cheesy Ham and Egg Casserole with Tortilla Chips  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**21**

Entrees  
 • Mini Pancakes  
 Fruit  
 • Fresh Fruit

**24**

Entrees  
 • Breakfast Sliders  
 Fruit  
 • Fresh Fruit

**25**

Entrees  
 • Colby Egg Omelet  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**26**

Entrees  
 • Sausage Pancake on a Stick with Syrup  
 Fruit  
 • Fresh Fruit

**27**

Entrees  
 • Cereal  
 • Cinnamon Toast  
 Fruit  
 • Chilled Fruit

**28**

Entrees  
 • Mini Waffles  
 Fruit  
 • Fresh Fruit

Click Here for Items Served Daily: [Oatmeal Bar Toppings](#), [Fruit Juice](#), [1% Lowfat Milk](#), [Chocolate Milk](#), [Fat Free Milk](#)

More Details: [pcsd.nutrislice.com/menu/plattsmouth-early-childhood-center/breakfast/](https://pcsd.nutrislice.com/menu/plattsmouth-early-childhood-center/breakfast/)  
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# September 2018

## Plattsmouth Early Childhood Center Lunch

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****3**

NO SCHOOL

**4**

Entrees

- Chicken and Waffles with Syrup

Sides

- Steamed Broccoli
- Cinnamon Apples

**5**

Entrees

- Chicken Patty

Sides

- Mashed Potatoes with Gravy
- Green Beans
- Pineapple
- Hot Rolls

**6**

Entrees

- Cheesy Chicken Pasta with Italian Bread

Sides

- Caesar Side Salad
- Pears

**7**

NO SCHOOL

**10**

Entrees

- Corn Dog

Sides

- Texas Pintos
- Mandarin Oranges

**11**

Entrees

- BBQ Rib on Bun

Sides

- French Fries with Ketchup
- Banana Orange Mix

**12**

Entrees

- Roast Pork

Sides

- Mashed Potatoes with Gravy
- Glazed Carrots
- Peaches
- Hot Rolls

**13**

Entrees

- Popcorn Chicken Nuggets with Italian Bread

Sides

- Corn
- Applesauce

**14**

Entrees

- Cheese Pizza

Sides

- Broccoli with Ranch Dressing
- Pineapple

**17**

Entrees

- Spaghetti and Meatballs with Italian Bread

CSides

- Spring Salad Mix
- Peaches

**18**

Entrees

- Frito Pie

Sides

- Honey Baked Beans
- Orange Pineapple Mix

**19**

Entrees

- Chicken Patty

Sides

- Mashed Potatoes with Gravy
- Corn
- Pears
- Hot Rolls

**20**

Entrees

- Cheeseburger

Sides

- Tater Tots with Ketchup
- Applesauce

**21**

Entrees

- Peanut Butter and Jelly Sandwich with Yogurt

Sides

- Baby Carrots with Ranch Dressing
- Strawberry Banana Mix

**24**

Entrees

- Hot Dog on Bun

Sides

- French Fries with Ketchup
- Mandarin Oranges

**25**

Entrees

- Mozzarella Dunkers

Sides

- Spring Salad Mix
- Cinnamon Apples

**26**

Entrees

- Chicken Patty

Sides

- Mashed Potatoes with Gravy
- Green Beans
- Pineapple
- Hot Rolls

**27**

Entrees

- Chicken Alfredo with Italian Bread

Sides

- Caesar Side Salad
- Pears

**28**

Entrees

- Pepperoni Pizza

Sides

- Roasted Vegetables
- Tropical Fruit

Condiment Options: Asian Bar Condiment, Baked Potato Bar Condiment, BBQ Bar Condiments, BBQ and Ketchup, Burger/Sandwich Bar Condiments, Burger/Sandwich Condiments, Ketchup, Hot Dog Condiments, Hot Dog Bar Condiments, Mexican Special Bar Condiments, Mexican Entree Condiments, Cold Sandwich Bar Condiment, Cold Sandwich Condiment, Ranch Dressing

More Details: [pcsd.nutrislice.com/menu/plattsmouth-early-childhood-center/lunch/](https://pcsd.nutrislice.com/menu/plattsmouth-early-childhood-center/lunch/)  
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# September 2018

## Plattsmouth Elementary Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> NO SCHOOL	<b>4</b> Entrees • Western Egg 'N' Bacon Sandwich • Strawberry Shortcake Biscuits • Cereal • Oatmeal Cereal and Oatmeal Sides • Toast with Margarine and Jelly Fruit • Chilled Fruit	<b>5</b> Entrees • Lemon Strawberry French Toast Casserole • Sausage Pancake on a Stick with Syrup • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>6</b> Entrees • Orange Roll • Breakfast Nachos • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	<b>7</b> NO SCHOOL
<b>10</b> Entrees • Egg and Cheese Bagel • Breakfast Pizza • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>11</b> Entrees • French Toast Sticks with Syrup • Fruit and Yogurt Parfait with Fruit Muffin • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	<b>12</b> Entrees • Lemon Roll • Breakfast Burrito • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>13</b> Entrees • Scrambled Eggs • Banana Chocolate Chip Breakfast Cookie • Cereal • Oatmeal Cereal, Egg, and Oatmeal Sides • Toast with Margarine and Jelly Fruit • Chilled Fruit	<b>14</b> Entrees • Biscuits and Gravy with Sausage • Cinnamon Streusel Crumb Cake • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit
<b>17</b> Entrees • Pancakes with Syrup • Breakfast Pizza • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>18</b> Entrees • S'more Sweet Roll • Pancake Sausage Griddle • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	<b>19</b> Entrees • Strawberry French Toast • Apple Handpie • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>20</b> Entrees • Cheesy Ham and Egg Casserole with Tortilla Chips • Blueberry Crumb Cake • Cereal • Oatmeal Cereal and Oatmeal Sides • Toast with Margarine and Jelly Fruit • Chilled Fruit	<b>21</b> Entrees • Biscuits and Gravy with Syrup • Mini Pancakes • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit
<b>24</b> Entrees • Breakfast Sliders • Sausage Biscuit • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>25</b> Entrees • Colby Egg Omelet • Strawberry Shortcake Biscuits • Cereal • Oatmeal Cereal, Egg, and Oatmeal Sides • Toast with Margarine and Jelly Fruit • Chilled Fruit	<b>26</b> Entrees • French Toast Casserole • Sausage Pancake on a Stick with Syrup • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit	<b>27</b> Entrees • Cherry Pie Sweet Roll • Breakfast Nachos • Cereal • Oatmeal Cereal and Oatmeal Sides • Cinnamon Toast Fruit • Chilled Fruit	<b>28</b> Entrees • Biscuits and Gravy with Sausage • Mini Waffles • Cereal • Oatmeal Cereal and Oatmeal Sides • Yogurt Fruit • Fresh Fruit

Click Here for Items Served Daily: Oatmeal Bar Toppings, Fruit Juice, 1% Lowfat Milk, Chocolate Milk, Fat Free Milk

More Details: [pcsd.nutrislice.com/menu/plattsmouth-elementary/breakfast/](https://pcsd.nutrislice.com/menu/plattsmouth-elementary/breakfast/)  
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# September 2018

## Plattsmouth Elementary Lunch

**MONDAY****3**

NO SCHOOL

**TUESDAY****4**

- Entrees**
- Pizza Grilled Cheese
  - Chicken and Waffles with Syrup
- Entree Salad**
- Strawberry Chicken Salad
  - Italian Bread
- Sides**
- Spring Salad Mix
  - Steamed Broccoli
  - Cinnamon Apples

**WEDNESDAY****5**

- Entrees**
- Chicken Patty
  - Meatloaf
- Entree Salad**
- Mandarin Orange Chicken Salad
- Sides**
- Mashed Potatoes with Gravy
  - Green Beans
  - Pineapple
  - Hot Rolls

**THURSDAY****6**

- Entrees**
- Cheesy Chicken Pasta with Italian Bread
  - BBQ Bacon Cheeseburger Nachos
- Entree Salad**
- Taco Salad
  - Cornbread
- Sides**
- Caesar Side Salad
  - Pears
  - Refried Beans

**FRIDAY****7**

NO SCHOOL

**10**

- Entrees**
- Chicken Nachos with White Queso
  - Corn Dog
- Entree Salad**
- Taco Salad
  - Cornbread
- Sides**
- Fresh Garden Salad
  - Texas Pintos
  - Mandarin Oranges

**11**

- Entrees**
- Meatball Sub
  - BBQ Rib on Bun
- Entree Salad**
- Cobb Salad
  - Blueberry Muffin
- Sides**
- French Fries with Ketchup
  - Caesar Side Salad
  - Banana Orange Mix

**12**

- Entrees**
- Chicken Patty
  - Roast Pork
- Entree Salad**
- Mandarin Orange Chicken Salad
- Sides**
- Mashed Potatoes with Gravy
  - Glazed Carrots
  - Peaches
  - Hot Rolls

**13**

- Entrees**
- Hot Dog Mac and Cheese with Italian Bread
  - Popcorn Chicken Nuggets with Italian Bread
- Entree Salad**
- Strawberry Chicken Salad
  - Italian Bread
- Sides**
- Fresh Garden Salad
  - Corn
  - Applesauce

**14**

- Entrees**
- Cheese Pizza
  - Parmesan Chicken Sandwich
- Entree Salad**
- Chicken Bacon Ranch Salad
  - Pineapple Muffin
- Sides**
- Spring Salad Mix
  - Broccoli with Ranch Dressing
  - Pineapple

**17**

- Entrees**
- Spaghetti and Meatballs with Italian Bread
  - Chicken Patty on Bun
- Entree Salad**
- Strawberry Chicken Salad
  - Italian Bread
- Sides**
- Spring Salad Mix
  - Cheesy Cauliflower Popcorn
  - Peaches

**18**

- Entrees**
- BBQ Pork on Bun
  - Frito Pie
- Entree Salad**
- Taco Salad
  - Cornbread
- Sides**
- Fresh Garden Salad
  - Honey Baked Beans
  - Orange Pineapple Mix

**19**

- Entrees**
- Chicken Patty
  - Hamburger Steak
- Entree Salad**
- Mandarin Orange Chicken Salad
- Sides**
- Mashed Potatoes with Gravy
  - Corn
  - Pears
  - Hot Rolls

**20**

- Entrees**
- Cheeseburger
  - Tacos
- Entree Salad**
- Cobb Salad
  - Blueberry Muffin
- Sides**
- Tater Tots with Ketchup
  - Fresh Garden Salad
  - Applesauce

**21**

- Entrees**
- Tony's Pizza
  - Peanut Butter and Jelly Sandwich with Yogurt
- Entree Salad**
- Chicken Bacon Ranch Salad
  - Pineapple Muffin
- Sides**
- Caesar Side Salad
  - Baby Carrots with Ranch Dressing
  - Strawberry Banana Mix

**24**

- Entrees**
- Hot Dog on Bun
  - Chicken and Cheese Quesadilla
- Entree Salad**
- Cobb Salad
  - Blueberry Muffin
- Sides**
- French Fries with Ketchup
  - Fresh Garden Salad
  - Mandarin Oranges

**25**

- Entrees**
- Chicken and Waffles with Syrup
  - Mozzarella Dunkers
- Entree Salad**
- Strawberry Chicken Salad
  - Italian Bread
- Sides**
- Spring Salad Mix
  - Steamed Broccoli
  - Cinnamon Apples

**26**

- Entrees**
- Chicken Patty
  - Meatloaf
- Entree Salad**
- Mandarin Orange Chicken Salad
- Sides**
- Mashed Potatoes with Gravy
  - Green Beans
  - Pineapple
  - Hot Rolls

**27**

- Entrees**
- Super Nachos
  - Chicken Alfredo with Italian Bread
- Entree Salad**
- Taco Salad
  - Cornbread
- Sides**
- Caesar Side Salad
  - Refried Beans
  - Pears

**28**

- Entrees**
- Pepperoni Pizza
  - Italian Sub
- Entree Salad**
- Chicken Bacon Ranch Salad
  - Pineapple Muffin
- Sides**
- Fresh Garden Salad
  - Roasted Vegetables
  - Tropical Fruit

[Click Here for Items Served Daily: 1% Lowfat Milk, Chocolate Milk, Fat Free Milk, Fresh Fruit](#)

Condiment Options: Asian Bar Condiment, Baked Potato Bar Condiment, BBQ Bar Condiments, BBQ and Ketchup, Burger/Sandwich Bar Condiments, Burger/Sandwich Condiments, Ketchup, Hot Dog Condiments, Hot Dog Bar Condiments, Mexican Special Bar Condiments, Mexican Entree Condiments, Cold Sandwich Bar Condiment, Cold Sandwich Condiment, Ranch Dressing

More Details: [pcsd.nutrislice.com/menu/plattsmouth-elementary/lunch/](https://pcsd.nutrislice.com/menu/plattsmouth-elementary/lunch/)  
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# September 2018

## Plattsmouth Community Middle Breakfast

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****3**

NO SCHOOL

**4**

Entrees  
 • Western Egg 'N' Bacon Sandwich  
 • Strawberry Shortcake Biscuits  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**5**

Entrees  
 • Lemon Strawberry French Toast Casserole  
 • Sausage Pancake on a Stick with Syrup  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**6**

Entrees  
 • Orange Roll  
 • Breakfast Nachos  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Cinnamon Toast  
 Fruit  
 • Chilled Fruit

**7**

NO SCHOOL

**10**

Entrees  
 • Egg and Cheese Bagel  
 • Breakfast Pizza  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**11**

Entrees  
 • French Toast Sticks with Syrup  
 • Fruit and Yogurt Parfait with Fruit Muffin  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Cinnamon Toast  
 Fruit  
 • Chilled Fruit

**12**

Entrees  
 • Lemon Roll  
 • Breakfast Burrito  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**13**

Entrees  
 • Scrambled Eggs  
 • Banana Chocolate Chip Breakfast Cookie  
 • Cereal  
 • Oatmeal  
 Cereal, Egg, and Oatmeal Sides  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**14**

Entrees  
 • Biscuits and Gravy with Sausage  
 • Cinnamon Streusel Crumb Cake  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**17**

Entrees  
 • Pancakes with Syrup  
 • Breakfast Pizza  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**18**

Entrees  
 • S'more Sweet Roll  
 • Pancake Sausage Griddle  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Cinnamon Toast  
 Fruit  
 • Chilled Fruit

**19**

Entrees  
 • Strawberry French Toast  
 • Apple Handpie  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**20**

Entrees  
 • Cheesy Ham and Egg Casserole with Tortilla Chips  
 • Blueberry Crumb Cake  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**21**

Entrees  
 • Biscuits and Gravy with Syrup  
 • Mini Pancakes  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**24**

Entrees  
 • Breakfast Sliders  
 • Sausage Biscuit  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**25**

Entrees  
 • Colby Egg Omelet  
 • Strawberry Shortcake Biscuits  
 • Cereal  
 • Oatmeal  
 Cereal, Egg, and Oatmeal Sides  
 • Toast with Margarine and Jelly  
 Fruit  
 • Chilled Fruit

**26**

Entrees  
 • French Toast Casserole  
 • Sausage Pancake on a Stick with Syrup  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

**27**

Entrees  
 • Cherry Pie Sweet Roll  
 • Breakfast Nachos  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Cinnamon Toast  
 Fruit  
 • Chilled Fruit

**28**

Entrees  
 • Biscuits and Gravy with Sausage  
 • Mini Waffles  
 • Cereal  
 • Oatmeal  
 Cereal and Oatmeal Sides  
 • Yogurt  
 Fruit  
 • Fresh Fruit

Click Here for Items Served Daily: [Oatmeal Bar Toppings](#), [Fruit Juice](#), [1% Lowfat Milk](#), [Chocolate Milk](#), [Fat Free Milk](#)

More Details: [pcsd.nutrislice.com/menu/plattsmouth-community-middle/breakfast/](https://pcsd.nutrislice.com/menu/plattsmouth-community-middle/breakfast/)  
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# September 2018

## Plattsmouth Community Middle Lunch

**MONDAY****3**

NO SCHOOL

**TUESDAY****4**

Entrees

- Pizza Grilled Cheese
- Chicken and Waffles with Syrup

Entree Salad

- Strawberry Chicken Salad
- Italian Bread

Sides

- Spring Salad Mix
- Steamed Broccoli
- Cinnamon Apples

**WEDNESDAY****5**

Entrees

- Chicken Patty
- Meatloaf

Entree Salad

- Mandarin Orange Chicken Salad

Sides

- Mashed Potatoes with Gravy
- Green Beans
- Pineapple
- Hot Rolls

**THURSDAY****6**

Entrees

- Cheesy Chicken Pasta with Italian Bread
- BBQ Bacon Cheeseburger Nachos

Entree Salad

- Taco Salad
- Cornbread

Sides

- Caesar Side Salad
- Pears
- Refried Beans

**FRIDAY****7**

NO SCHOOL

**10**

Entrees

- Chicken Nachos with White Queso
- Corn Dog

Entree Salad

- Taco Salad
- Cornbread

Sides

- Fresh Garden Salad
- Texas Pintos
- Mandarin Oranges

**11**

Entrees

- Meatball Sub
- BBQ Rib on Bun

Entree Salad

- Cobb Salad
- Blueberry Muffin

Sides

- French Fries with Ketchup
- Caesar Side Salad
- Banana Orange Mix

**12**

Entrees

- Chicken Patty
- Roast Pork

Entree Salad

- Mandarin Orange Chicken Salad

Sides

- Mashed Potatoes with Gravy
- Glazed Carrots
- Peaches
- Hot Rolls

**13**

Entrees

- Hot Dog Mac and Cheese with Italian Bread
- Popcorn Chicken Nuggets with Italian Bread

Entree Salad

- Strawberry Chicken Salad
- Italian Bread

Sides

- Fresh Garden Salad
- Corn
- Applesauce

**14**

Entrees

- Cheese Pizza
- Parmesan Chicken Sandwich

Entree Salad

- Chicken Bacon Ranch Salad
- Pineapple Muffin

Sides

- Spring Salad Mix
- Broccoli with Ranch Dressing
- Pineapple

**17**

Entrees

- Spaghetti and Meatballs with Italian Bread
- Chicken Patty on Bun

Entree Salad

- Strawberry Chicken Salad
- Italian Bread

Sides

- Spring Salad Mix
- Cheesy Cauliflower Popcorn
- Peaches

**18**

Entrees

- BBQ Pork on Bun
- Frito Pie

Entree Salad

- Taco Salad
- Cornbread

Sides

- Fresh Garden Salad
- Honey Baked Beans
- Orange Pineapple Mix

**19**

Entrees

- Chicken Patty
- Hamburger Steak

Entree Salad

- Mandarin Orange Chicken Salad

Sides

- Mashed Potatoes with Gravy
- Corn
- Pears
- Hot Rolls

**20**

Entrees

- Cheeseburger
- Tacos

Entree Salad

- Cobb Salad
- Blueberry Muffin

Sides

- Tater Tots with Ketchup
- Fresh Garden Salad
- Applesauce

**21**

Entrees

- Tony's Pizza
- Peanut Butter and Jelly Sandwich with Yogurt

Entree Salad

- Chicken Bacon Ranch Salad
- Pineapple Muffin

Sides

- Caesar Side Salad
- Baby Carrots with Ranch Dressing
- Strawberry Banana Mix

**24**

Entrees

- Hot Dog on Bun
- Chicken and Cheese Quesadilla

Entree Salad

- Cobb Salad
- Blueberry Muffin

Sides

- French Fries with Ketchup
- Fresh Garden Salad
- Mandarin Oranges

**25**

Entrees

- Chicken and Waffles with Syrup
- Mozzarella Dunkers

Entree Salad

- Strawberry Chicken Salad
- Italian Bread

Sides

- Spring Salad Mix
- Steamed Broccoli
- Cinnamon Apples

**26**

Entrees

- Chicken Patty
- Meatloaf

Entree Salad

- Mandarin Orange Chicken Salad

Sides

- Mashed Potatoes with Gravy
- Green Beans
- Pineapple
- Hot Rolls

**27**

Entrees

- Super Nachos
- Chicken Alfredo with Italian Bread

Entree Salad

- Taco Salad
- Cornbread

Sides

- Caesar Side Salad
- Refried Beans
- Pears

**28**

Entrees

- Pepperoni Pizza
- Italian Sub

Entree Salad

- Chicken Bacon Ranch Salad
- Pineapple Muffin

Sides

- Fresh Garden Salad
- Roasted Vegetables
- Tropical Fruit

[Click Here for Items Served Daily: 1% Lowfat Milk, Chocolate Milk, Fat Free Milk, Fresh Fruit](#)

Condiment Options: Asian Bar Condiment, Baked Potato Bar Condiment, BBQ Bar Condiments, BBQ and Ketchup, Burger/Sandwich Bar Condiments, Burger/Sandwich Condiments, Ketchup, Hot Dog Condiments, Hot Dog Bar Condiments, Mexican Special Bar Condiments, Mexican Entree Condiments, Cold Sandwich Bar Condiment, Cold Sandwich Condiment, Ranch Dressing

More Details: [pcsd.nutrislice.com/menu/plattsmouth-community-middle/lunch/](http://pcsd.nutrislice.com/menu/plattsmouth-community-middle/lunch/)  
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# September 2018

Plattsmouth High  
Breakfast

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****3**

NO SCHOOL

**4**

Entrees

- Western Egg 'N' Bacon Sandwich
- Strawberry Shortcake Biscuits
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Toast with Margarine and Jelly

Fruit

- Chilled Fruit

**5**

Entrees

- Lemon Strawberry French Toast Casserole
- Sausage Pancake on a Stick with Syrup
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**6**

Entrees

- Orange Roll
- Breakfast Nachos
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Cinnamon Toast

Fruit

- Chilled Fruit

**7**

NO SCHOOL

**10**

Entrees

- Egg and Cheese Bagel
- Breakfast Pizza
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**11**

Entrees

- French Toast Sticks with Syrup
- Fruit and Yogurt Parfait with Fruit Muffin
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Cinnamon Toast

Fruit

- Chilled Fruit

**12**

Entrees

- Lemon Roll
- Breakfast Burrito
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**13**

Entrees

- Scrambled Eggs
- Banana Chocolate Chip Breakfast Cookie
- Cereal
- Oatmeal

Cereal, Egg, and Oatmeal Sides

- Toast with Margarine and Jelly

Fruit

- Chilled Fruit

**14**

Entrees

- Biscuits and Gravy with Sausage
- Cinnamon Streusel Crumb Cake
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**17**

Entrees

- Pancakes with Syrup
- Breakfast Pizza
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**18**

Entrees

- S'more Sweet Roll
- Pancake Sausage Griddle
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Cinnamon Toast

Fruit

- Chilled Fruit

**19**

Entrees

- Strawberry French Toast
- Apple Handpie
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**20**

Entrees

- Cheesy Ham and Egg Casserole with Tortilla Chips
- Blueberry Crumb Cake
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Toast with Margarine and Jelly

Fruit

- Chilled Fruit

**21**

Entrees

- Biscuits and Gravy with Sausage
- Mini Pancakes
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**24**

Entrees

- Breakfast Sliders
- Sausage Biscuit
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**25**

Entrees

- Colby Egg Omelet
- Strawberry Shortcake Biscuits
- Cereal
- Oatmeal

Cereal, Egg, and Oatmeal Sides

- Toast with Margarine and Jelly

Fruit

- Chilled Fruit

**26**

Entrees

- French Toast Casserole
- Sausage Pancake on a Stick with Syrup
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

**27**

Entrees

- Cherry Pie Sweet Roll
- Breakfast Nachos
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Cinnamon Toast

Fruit

- Chilled Fruit

**28**

Entrees

- Biscuits and Gravy with Sausage
- Mini Waffles
- Cereal
- Oatmeal

Cereal and Oatmeal Sides

- Yogurt

Fruit

- Fresh Fruit

Click Here for Items Served Daily: [Oatmeal Bar Toppings](#), [Fruit Juice](#), [1% Lowfat Milk](#), [Chocolate Milk](#), [Fat Free Milk](#)

More Details: [pcsd.nutrislice.com/menu/plattsmouth-high/breakfast/](https://pcsd.nutrislice.com/menu/plattsmouth-high/breakfast/)

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# September 2018

## Plattsmouth High Lunch

**MONDAY****3**

NO SCHOOL

**TUESDAY****4**

- Entrees**
- Bacon Pickle Grilled Cheese
  - Chicken and Waffles with Syrup
  - Chicken Enchilada with White Queso
- Entree Salad**
- Salad Bar
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Spring Salad Mix
  - Steamed Broccoli
  - Cinnamon Apples

**WEDNESDAY****5**

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Meatloaf
  - Baked Ham
- Entree Salad**
- Salad Bar
- Specialty Bar**
- Hot Dog Bar
  - Fresh Garden Salad
- Sides**
- Mashed Potatoes with Gravy
  - Green Beans
  - Pineapple
  - Hot Rolls

**THURSDAY****6**

- Entrees**
- Cheesy Chicken Pasta with Italian Bread
  - BBQ Bacon Cheeseburger Nachos
  - Ham and Cheddar Melt
- Entree Salad**
- Salad Bar
  - Cornbread
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Caesar Side Salad
  - Refried Beans
  - Pears

**FRIDAY****7**

NO SCHOOL

**10**

- Entrees**
- Chicken Nachos with White Queso
  - Corn Dog
  - Beef Burrito
- Entree Salad**
- Salad Bar
  - Cornbread
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Fresh Garden Salad
  - Texas Pintos
  - Mandarin Oranges

**11**

- Entrees**
- Meatball Sub
  - BBQ Rib on Bun
  - Pepperoni Calzone
- Entree Salad**
- Salad Bar
  - Blueberry Muffin
- Specialty Bar**
- Asian Bar
  - Mixed Vegetables
  - Fried Rice
- Sides**
- French Fries with Ketchup
  - Caesar Side Salad
  - Banana Orange Mix

**12**

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Roast Pork
  - Jalapeno Cheddar Meatloaf
- Entree Salad**
- Salad Bar
- Specialty Bar**
- Grilled Cheese Bar
  - Fresh Garden Salad
- Sides**
- Mashed Potatoes with Gravy
  - Glazed Carrots
  - Peaches
  - Hot Rolls

**13**

- Entrees**
- Hot Dog Mac and Cheese with Italian Bread
  - Chicken Strips with Italian Bread
  - Ham and Cheese Sub
- Entree Salad**
- Salad Bar
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Fresh Garden Salad
  - Corn
  - Applesauce

**14**

- Entrees**
- Sausage Pizza
  - Parmesan Chicken Sandwich
  - Sweet and Sour Chicken with Rice
- Entree Salad**
- Salad Bar
  - Pineapple Muffin
- Specialty Bar**
- Nacho/Taco Bar
  - Spanish Rice
- Sides**
- Spring Salad Mix
  - Broccoli with Ranch Dressing
  - Pineapple

**17**

- Entrees**
- Spaghetti and Meatballs with Italian Bread
  - Spicy Chicken Sandwich
  - Turkey Club Sub
- Entree Salad**
- Salad Bar
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Spring Salad Mix
  - Cheesy Cauliflower Popcorn
  - Peaches

**18**

- Entrees**
- BBQ Pork on Bun
  - Frito Pie
  - Smothered Burrito
- Entree Salad**
- Salad Bar
  - Cornbread
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Fresh Garden Salad
  - Cowboy Beans
  - Orange Pineapple Mix

**19**

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Roast Turkey with Gravy
  - Hamburger Steak
- Entree Salad**
- Salad Bar
- Specialty Bar**
- Yogurt Bar
  - Fresh Garden Salad
- Sides**
- Mashed Potatoes with Gravy
  - Corn
  - Pears
  - Hot Rolls

**20**

- Entrees**
- Bacon Cheeseburger
  - Tacos
  - Ham and Cheddar Melt
- Entree Salad**
- Salad Bar
  - Blueberry Muffin
- Specialty Bar**
- Breakfast Bar
- Sides**
- Fresh Garden Salad
  - Tater Tots with Ketchup
  - Applesauce

**21**

- Entrees**
- Tony's Pizza
  - Peanut Butter and Jelly Sandwich with Yogurt
  - Chicken and Avocado Club Wrap
- Entree Salad**
- Salad Bar
  - Pineapple Muffin
- Specialty Bar**
- Nacho/Taco Bar
  - Spanish Rice
- Sides**
- Caesar Side Salad
  - Baby Carrots with Ranch Dressing
  - Strawberry Banana Mix

**24**

- Entrees**
- Hot Dog on Bun
  - Chicken and Cheese Quesadilla
  - Sloppy Joe
- Entree Salad**
- Salad Bar
  - Blueberry Muffin
- Specialty Bar**
- Asian Bar
  - Mixed Vegetables
  - Fried Rice
- Sides**
- French Fries with Ketchup
  - Fresh Garden Salad
  - Mandarin Oranges

**25**

- Entrees**
- Chicken and Waffles with Syrup
  - Mozzarella Dunkers
  - Enchilada
- Entree Salad**
- Salad Bar
  - Italian Bread
- Specialty Bar**
- Pizza/Calzone Bar
- Sides**
- Spring Salad Mix
  - Steamed Broccoli
  - Cinnamon Apples

**26**

- Entrees**
- Chicken Patty
  - Spicy Chicken Patty
  - Meatloaf
  - Baked Ham
- Entree Salad**
- Salad Bar
- Specialty Bar**
- Baked Potato Bar
  - Fresh Garden Salad
- Sides**
- Mashed Potatoes with Gravy
  - Green Beans
  - Pineapple
  - Hot Rolls

**27**

- Entrees**
- Super Nachos
  - Chicken Alfredo with Italian Bread
  - Grilled Ham and Cheese Sandwich
- Entree Salad**
- Salad Bar
  - Cornbread
- Specialty Bar**
- Burger Bar
  - Baked Chips
- Sides**
- Caesar Side Salad
  - Refried Beans
  - Pears

**28**

- Entrees**
- Pepperoni Pizza
  - Fish and Chips
  - Turkey and Cheddar Melt
- Entree Salad**
- Salad Bar
  - Pineapple Muffin
- Specialty Bar**
- Pasta Bar
- Sides**
- Fresh Garden Salad
  - Roasted Vegetables
  - Tropical Fruit

Click Here for Items Served Daily: 1% Lowfat Milk, Chocolate Milk, Fat Free Milk, Fresh Fruit

Condiment Options: Asian Bar Condiment, Baked Potato Bar Condiment, BBQ Bar Condiments, BBQ and Ketchup, Burger/Sandwich Bar Condiments, Burger/Sandwich Condiments, Ketchup, Hot Dog Condiments, Hot Dog Bar Condiments, Mexican Special Bar Condiments, Mexican Entree Condiments, Cold Sandwich Bar Condiment, Cold Sandwich Condiment, Ranch Dressing

More Details: [pcsd.nutrislice.com/menu/plattsmouth-high/lunch/](http://pcsd.nutrislice.com/menu/plattsmouth-high/lunch/)  
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**October 2016**  
Opaa! Food Management, Inc.

## *Staff Special Menu*

### *Week 1*

#### **Breakfast!**

Stuffed French Toast w/ Lemon Syrup; Bacon, Sausage and Breakfast Potatoes.  
Strawberry-Blueberry Yogurt Parfait and warm, "Fresh from the Oven" Lemon Rolls

### *Week 2*

#### **Soup and a Half**

Chicken Noodle Soup with a Three Cheese Grilled Cheese Sandwich; Spinach Salad with Red Onion, Egg, Mushroom and Tomato tossed in a Sweet Chili Dressing. Pumpkin Muffin

### *Week 3*

#### **BBQ Pork Nachos**

Layers of chips piled with Slow Roasted Shredded Pork in a smokey BBQ sauce with your choice of toppings: Cheese Sauce, Sour Cream, Jalapenos, Cilantro, Black Olives, crispy Shredded Lettuce, Tomatoes, Onions, Guacamole, Cowboy Beans and Salsa. Blueberry Sweet Roll w/ Lemon Glaze.

### *Week 4*

#### **Philly Cheese Sandwiches**

Shredded beef topped with Cheese Sauce, Roasted Peppers and Onions on a fresh baked Deli bun. Oven Fries with Sriracha Ketchup, Slaw and Chocolate Chip Cookies



# Make Their Day!



## Value Added Services

### Menus

- Menus compliant with Healthy, Hunger-Free Kids Act requirements
- Nutrislice Digital Menu platform used for distribution of monthly menus
- Nutrislice makes it easy to view items available for lunch and breakfast daily
- Nutrislice provides nutritional data for each item served and can provide allergy recognition for students with allergy concerns
- Menus are available on electronic devices, on the district web site, and on mobile apps
- Special menus designed for staff members to enjoy a minimum of once weekly
- Monthly menu features created by our corporate chef to increase student participation

### Programs to Increase Student Participation and Nutrition

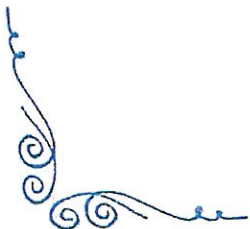
- Marketing and promotion programs
- Farm-to-School Events
- Health and Wellness Fairs
- Fresh Fruit and Vegetable Program Assistance
- Breakfast in the Classroom
- Universal Breakfast
- Second Chance Breakfast
- Opaa! to Go
- After School Meals for students participating in activities after school
- After School Snack Program
- Full catering program including classroom parties and banquets

### Compliance

- Compliance with Healthy, Hunger-Free Kids Act Regulations
- Assistance with State Agency reviews
- Assistance with implementation of Wellness Policies and HACCP food safety program

### Foodservice Staff Support and Training

- On site Director of Nutrition Services
- Regional Director of Operations located within 2 hours of your school district to provide assistance
- ServSafe Certification of all Directors of Nutrition Services and Kitchen Managers
- Training webinars for Directors of Nutrition Services
- Newtrition Newsletters to keep you informed of the latest news from USDA Food and Nutrition Services
- Monthly training inservice for foodservice staff
- Selection, orientation, supervision and evaluation of foodservice employees
- Training to meet requirements of Professional Standards for all School Nutrition Employees



# Make Their Day!



## Student Engagement

- Nutrition Advisory Council – Committees are created to educate students and gain feedback
- Student surveys
- Harvest of the Month celebrations
- Active and healthy lifestyle education
- Holiday Celebrations
- National School Lunch and National School Breakfast Celebrations

## Resource Management

- Volume Purchasing Power
- Milk & Bread Bids
- Commodity Food Management
- Farm-to-School purchasing when seasonally available

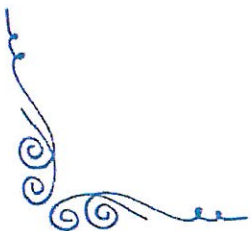
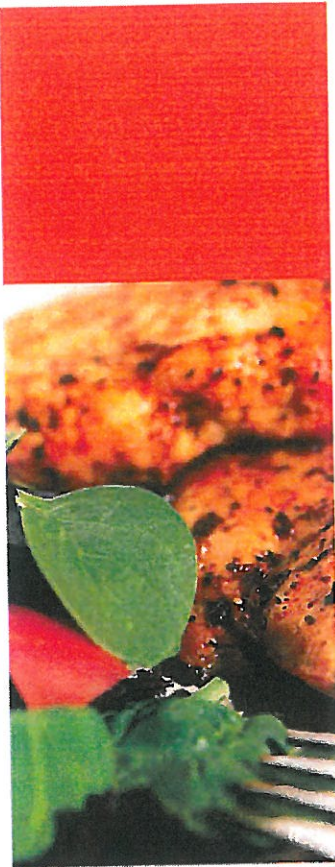


# Make Their Day!

## Opaa! Clients by State

### MISSOURI

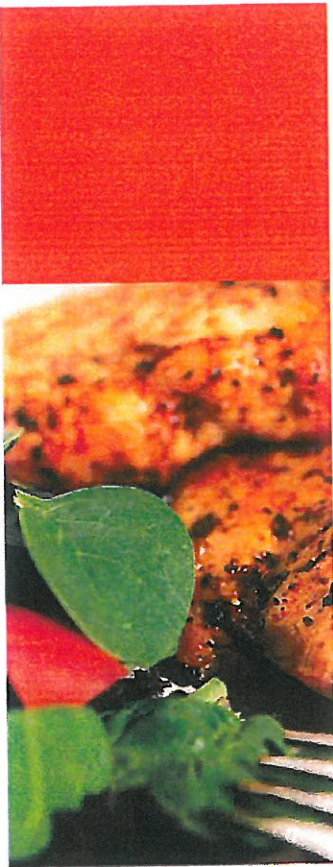
Advance R-IV School District  
Albany R-III School District  
Appleton City R-II School District  
Arcadia Valley R-II School District  
Archie R-V School District  
Ava R-I School District  
Belton School District #124  
Bernie R-XIII School District  
Billings R-IV School District  
Bloomfield R-XIV School District  
Blue Eye R-V School District  
Bowling Green R-I School District  
Bronaugh R-VII School District  
Brookfield R-III School District  
Buchanan County R-IV School District  
Butler R-V School District  
Canton R-V School District  
Caruthersville 18 School District  
Centralia R-VI School District  
Charleston R-I School District  
Clark County R-I School District  
Clearwater R-I School District  
Clever R-V School District  
Clinton County R-III School District  
Cole County R-V School District  
Community R-VI School District  
Delta C-7 School District  
Dexter R-XI School District  
Diamond R-IV School District  
East Buchanan County C-I School District  
East Carter County R-II School District  
East Newton County R-VI School District  
El Dorado Springs R-II School District  
Excelsior Springs #40 School District  
Fredericktown R-I School District  
Gasconade County R-I School District  
Greenfield R-IV School District  
Greenville R-II School District  
Hallsville R-IV School District  
Hamilton R-II School District  
Hayti R-II School District  
Henry County R-I School District  
Holden R-III School District  
Hume R-VIII School District  
Hurley R-I School District  
Iron County C-4 School District  
Jasper County R-V School District  
Johnson County R-VII School District  
Kearney R-I School District  
Kennett School District No. 39  
Keytesville R-III School District  
Knox County R-I School District  
Lafayette County C-I School District  
Lakeland R-III School District  
Lamar R-I School District  
LaPlata R-II School District  
Lathrop R-II School District  
Lawson R-XIV School District  
Lewis County C-I School District  
Lexington R-V School District  
Liberal R-II School District  
Lincoln R-II School District  
Lockwood R-I School District  
Lone Jack C-6 School District  
Macon R-I School District  
Madison C-3 School District  
Maries County R-II School District  
Marionville R-IX School District  
Marshall School District  
Marshfield R-I School District  
Maysville R-I School District  
McDonald County R-I School District  
Moberly School District  
Montgomery County R-II School District  
Montrose XIV School District  
Morgan County R-II School District  
Mountain Grove R-III School District  
Mountain View-Birch Tree R-III School District





# Make Their Day!

## Opaa! Clients by State



Mt. Vernon R-V School District  
Naylor R-II School District  
Neelyville R-IV School District  
Neosho School District  
Nevada R-V School District  
New Bloomfield R-III School District  
New Madrid County R-I School District  
Newburg R-II School District  
Niangua R-V School District  
North Callaway County R-I School District  
North Pemiscot County R-I School District  
North Platte County R-I School District  
Northeast Randolph County R-IV School District  
Oak Grove R-VI School District  
Odessa R-VII School District  
Oran R-III School District  
Osceola Public Schools  
Palmyra R-I School District  
Paris R-II School District  
Pemiscot County R-III School District  
Pierce City R-VI School District  
Platte County R-III School District  
Portageville School District  
Puxico R-VIII School District  
Rich Hill R-IV School District  
Richmond R-XVI School District  
Rock Port R-II School District  
Schuyler County R-I School District  
Senath-Hornersville C-8 School District  
Shelby County R-IV School District  
Sheldon R-VIII School District  
Smithville R-II School District  
South Pemiscot R-V School District  
Southern Boone School District  
Spring Bluff R-XV School District  
Steelville R-III School District  
Stewartsville C-2 School District

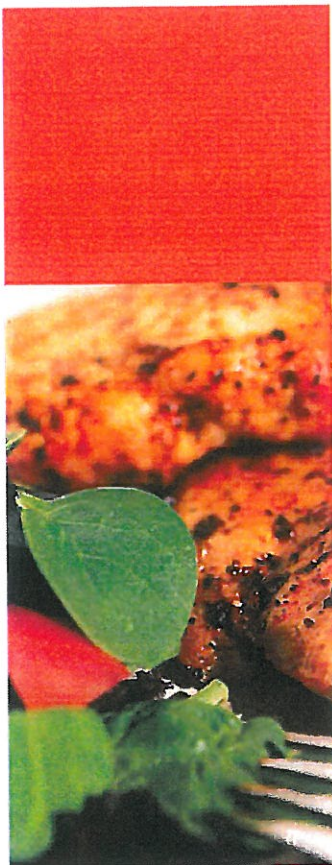
Stockton R-I School District  
Stoutland R-II School District  
St. Vincent de Paul Schools  
Sullivan School District  
Tarkio R-I School District  
Tipton R-VI School District  
Van Buren R-I School District  
Van-Far R-I School District  
Verona R-VII School District  
Waynesville R-VI School District  
Wellsville Middletown R-I School District  
West Plains R-VII School District  
West Platte County R-II School District  
Westview C-6 School District  
Wheaton R-III School District  
Winona R-III School District  
Woodland R-IV School District

## KANSAS

USD 385 Andover  
USD 361 Anthony Harper  
Ascension Catholic Schools  
USD 377 Atchison County  
USD 402 Augusta  
USD 458 Basehor-Linwood  
USD 508 Baxter Springs  
USD 357 Belle Plaine  
USD 273 Beloit  
USD 384 Blue Valley/Randolph  
USD 205 Bluestem  
USD 204 Bonner Springs / Edwardsville  
USD 459 Bucklin  
USD 436 Caney Valley  
USD 419 Canton-Galva  
USD 397 Centre  
USD 473 Chapman  
USD 379 Clay County

# Make Their Day!

## Opaa! Clients by State

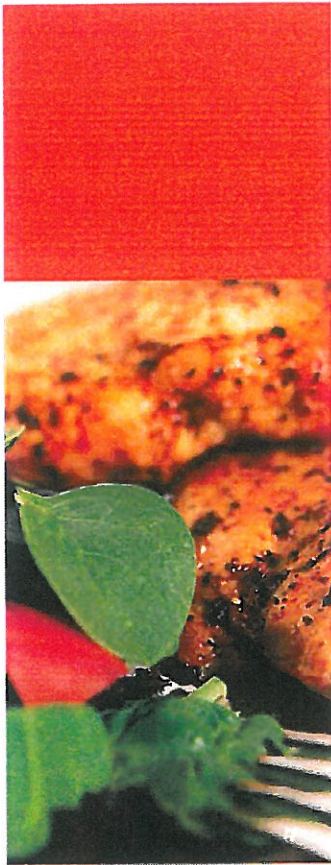


USD 224 Clifton Clyde  
USD 396 Douglass  
USD 490 El Dorado Public Schools  
USD 327 Ellsworth /Kanopolis /Geneseo  
USD 499 Galena  
USD 431 Hoisington  
Holy Rosary-Wea Catholic School  
Holy Trinity Catholic School  
USD 210 Hugoton  
USD 257 Iola  
USD 386 Madison /Virgil  
USD 408 Marion-Florence  
USD 330 Mission Valley  
USD 239 North Ottawa  
USD 290 Ottawa  
USD 358 Oxford  
USD 503 Parsons  
USD 398 Peabody-Burns  
USD 343 Perry-Lecompton  
USD 203 Piper  
USD 362 Prairie View  
USD 382 Pratt  
USD 109 Republic County  
USD 404 Riverton  
USD 434 Santa Fe Trail  
USD 393 Solomon  
USD 509 South Haven  
USD 252 Southern Lyon Co.  
USD 494 Syracuse  
USD 429 Troy  
USD 202 Turner  
USD 214 Ulysses  
USD 498 Valley Heights  
USD 380 Vermillion  
USD 329 Wabaunsee  
USD 353 Wellington  
USD 287 West Franklin

## OKLAHOMA

Adair Public Schools  
Amber Pocosset Public Schools  
Beggs Public Schools  
Cache Public Schools  
Catoosa Public Schools  
Chandler Public Schools  
Chickasha Public Schools  
Colcord Public Schools  
Commerce Public Schools  
Davis Public Schools  
Fairland Public Schools  
Ft. Gibson Public Schools  
Haskell Public Schools  
Inola Public Schools  
Jay Public Schools  
Kansas Public Schools  
Ketchum Public Schools  
Keys Public Schools  
Kingfisher Public Schools  
Liberty Public Schools  
Locust Grove Public Schools  
Miami Public Schools  
Nowata Public Schools  
Oaks Mission Public Schools  
Okay Public Schools  
Oklahoma Union Public Schools  
Pawhuska Public Schools  
Poteau Public Schools  
Preston Public Schools  
Pryor Public Schools  
Quapaw Public Schools  
Rush Springs Public Schools  
Salina Public Schools  
Silo Public Schools  
Vian Public Schools  
Watonga Public Schools  
Weatherford Public Schools

# Make Their Day!



## Opaa! Clients by State

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Welch Public Schools  
Wellston Public Schools  
Westville Public Schools  
Woodward Public Schools  
Wyandotte Public Schools

Jerseyville CUSD #100  
Millstadt CCSD #160  
Morrisonville CUSD #1  
Staunton CUSD #6  
Valmeyer CUSD #3

### ARKANSAS

Calico Rock Public Schools  
Carlisle Public Schools  
Cedar Ridge Public Schools  
Des Arc Public Schools  
East Poinsett Public Schools  
England Public Schools  
Greene County Tech School District  
Guy Perkins Public Schools  
Hillcrest Public Schools  
Marvel Elaine Public Schools  
Salem Public Schools  
Sloan Hendrix Public Schools  
Southside Public Schools

### IOWA

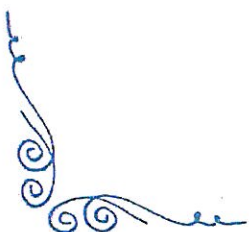
Hudson Community School District  
Midland Community School District

### NEBRASKA

Centura Public Schools  
Cozad Public Schools  
Gibbon Public Schools  
McCook Public Schools  
Plattsmouth Community Schools  
Ravenna Community Schools  
Springfield/Platteview Public Schools  
Wood River Rural Schools

### ILLINOIS

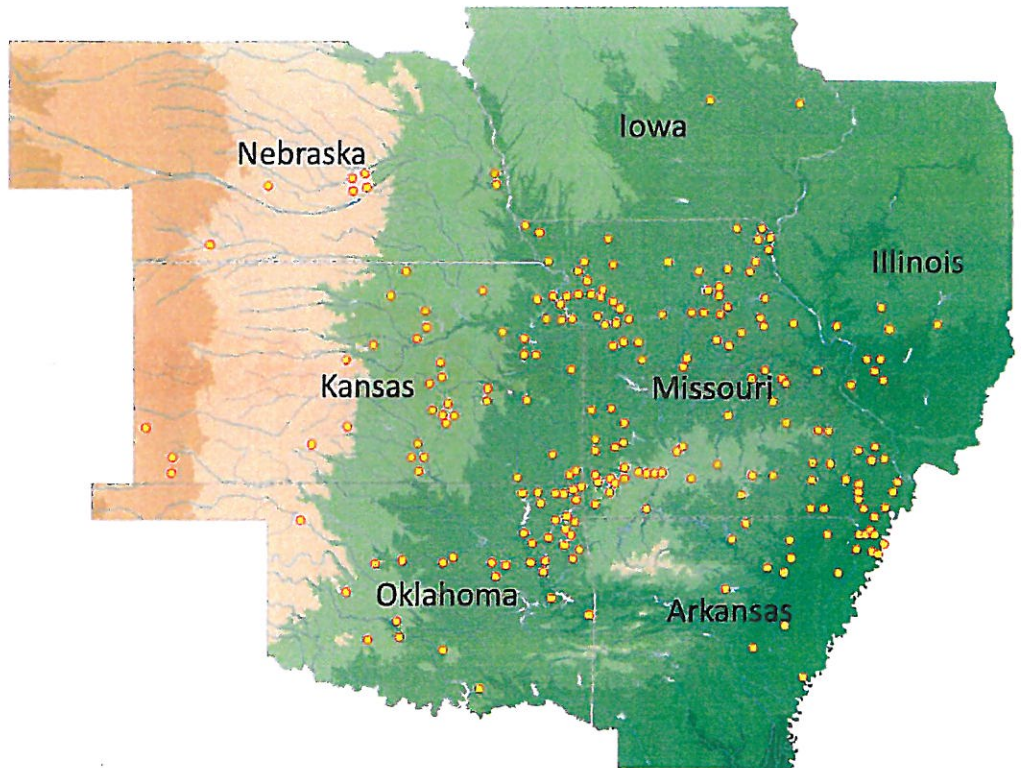
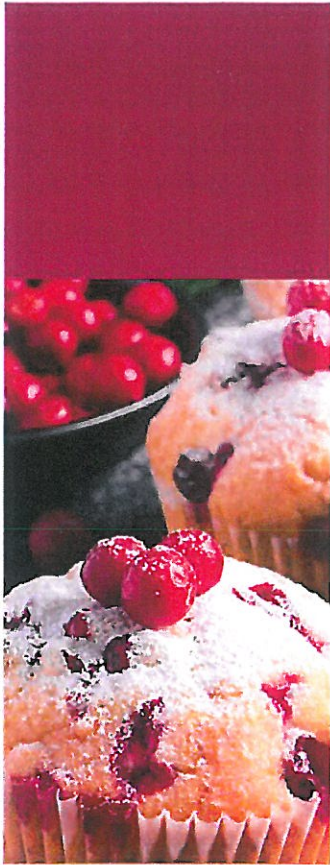
Belle Valley School District #119  
Dieterich Community Unit #30  
Freeburg CCSD #70  
Grant CCSD #110



# Make Their Day!

## Opaa! Clients

Over the past five years, Opaa! has retained 98 percent of its current clients. In fact, 26 of its clients have been with Opaa! for more than 15 years. There's plenty to say about Opaa!'s commitment to customer service, be these long-term relationships speak volumes.



- Arkansas — 13
- Kansas — 55
- Missouri — 133
- Nebraska — 8
- Oklahoma — 42
- Illinois — 9
- Iowa - 2