



What goes into an Opaa! meal?

Since 2012, Opaa! has worked to serve quality meals, supporting the growth and development of students established by the Healthy Hunger Free Kids Act 2010 (HHFKA). We strive to provide meals that satisfy and promote healthy choices, positively impacting learning and lifelong dietary habits.

Hitting the mark: Each meal provides a balance and variety of nutrients to meet child nutrition targets established by the USDA. Opaa! meals allow for students to obtain the maximum amount of calories allowed by USDA regulations.

Feel full for longer: Breakfast and lunch are packed with protein and fiber aiding in satiety and energy production. Students are additionally welcome to our self-serve fruit and vegetable station. This allows them to make an individualized meal to fuel the rest of their day.

All 5 Food Groups: With our daily selection of dairy, fruits, vegetables, whole grains, and lean proteins, students can feel good about the healthy meal choices they are making!

The difference between good and great is nutrition!



United States
Department of
Agriculture

HHFKA Guidelines:

- Average weekly breakfast calorie requirements:
grades K-5: 350-500
grades 6-8: 400-550
grades 9-12: 450-600
- Average weekly lunch calorie requirements:
grades K-5: 550-650
grades 6-8: 600-700
grades 9-12: 750-850
- **80% of grains** offered must be whole grain rich
- Students will be offered **1/2 to 1 cup of a fruit and 3/4 to 1 cup of vegetables** during meal times
- Students must select at least **1/2 cup serving of a fruit or vegetable** during mealtime
- **1.5-2 ounces of meat/meat** alternative will be offered at lunch, utilizing protein rich sources



for more details about USDA child nutrition regulations visit <https://www.fns.usda.gov/nsfp>



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OPAA! BREAKFAST

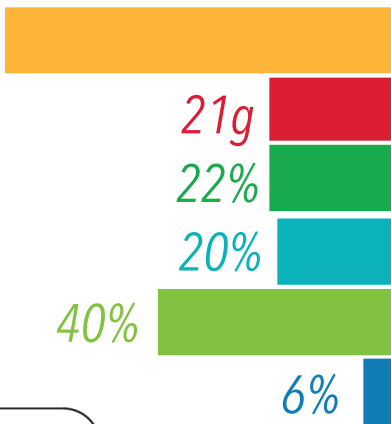
\$0.50 - \$3.00

*average range of reduced and full priced breakfast



egg, bacon, cheese bagel, 100%
grape juice, banana, & milk

476



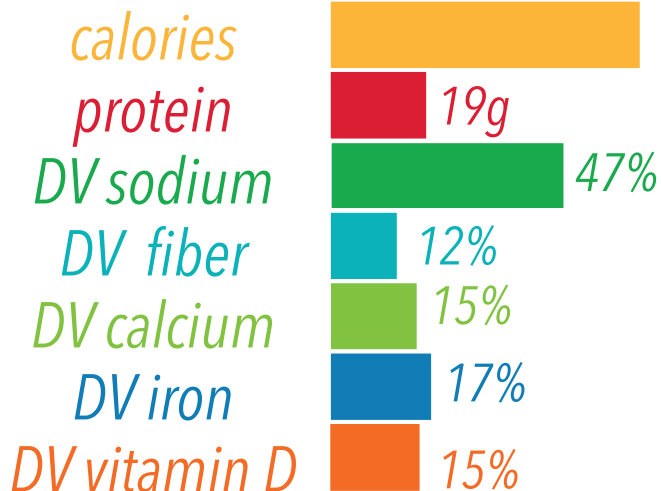
FAST FOOD BREAKFAST

\$8.19



egg, bacon, cheese, english
muffin, & hash browns

450



*Percent Daily Value (%DV) show how much a nutrient in a serving of food contributes to a total daily diet.

