

BREAKFAST - MAY 2012

Arcadia Valley R-II School District | Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't forget to take the "Extreme Fruit and Vegetable Challenge" this month!</p>	<p>1</p> <ol style="list-style-type: none"> Yogurt, Cinnamon Roll 🏠, Chilled Fruit, Milk General Mills Cereal, Cinnamon Roll 🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, Cinnamon Roll 🏠, Chilled Fruit, Milk 	<p>2</p> <ol style="list-style-type: none"> Waffle Sundae 🏠, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk 	<p>3</p> <ol style="list-style-type: none"> Scrambled Eggs 🏠, Hash Brown Patty, Fresh Fruit, Milk General Mills Cereal, Cinnamon Toast 🌿, Fresh Fruit, Milk Oatmeal 🌿🏠, Cinnamon Toast 🌿, Fresh Fruit, Milk 	<p>4</p> <p>Cinco De Mayo</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk Oatmeal 🌿🏠, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk
<p>7</p> <ol style="list-style-type: none"> Waffles, Orange Smiles, Milk General Mills Cereal, Fruit Streusel Muffin 🏠, Orange Smiles, Milk Oatmeal 🌿🏠, Fruit Streusel Muffin 🏠, Orange Smiles, Milk 	<p>8</p> <ol style="list-style-type: none"> Sunrise Breakfast Sandwich 🌿🏠, Chilled Fruit, Milk General Mills Cereal, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk 	<p>9</p> <ol style="list-style-type: none"> Sausage Pancake on Stick, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk 	<p>10</p> <ol style="list-style-type: none"> English Muffin Breakfast Melt 🏠, Hash Brown Patty, Chilled Juice, Milk General Mills Cereal, Cinnamon Toast 🌿, Chilled Juice, Milk Oatmeal 🌿🏠, Cinnamon Toast 🌿, Chilled Juice, Milk 	<p>11</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Yogurt, Fresh Fruit, Milk Oatmeal 🌿🏠, Yogurt, Fresh Fruit, Milk
<p>14</p> <ol style="list-style-type: none"> Breakfast Pizza, Cinnamon Apple Slices, Milk General Mills Cereal, Fruit Streusel Muffin 🏠, Cinnamon Apple Slices, Milk Oatmeal 🌿🏠, Fruit Streusel Muffin 🏠, Cinnamon Apple Slices, Milk 	<p>15</p> <ol style="list-style-type: none"> Scrambled Eggs 🏠, Hash Brown Patty, PB Toast or Toast & Jelly 🌿🏠, Milk General Mills Cereal, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk 	<p>16</p> <ol style="list-style-type: none"> French Toast Sticks 🌿, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk 	<p>17</p> <ol style="list-style-type: none"> Yogurt, Cinnamon Roll 🏠, Milk General Mills Cereal, Cinnamon Roll 🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, Cinnamon Roll 🏠, Chilled Fruit, Milk 	<p>18</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Yogurt, Fresh Fruit, Milk Oatmeal 🌿🏠, Yogurt, Fresh Fruit, Milk
<p>21</p> <p>Summer Vacation</p>	<p>22</p> <p>No School</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>	<p>25</p> <p>No School</p>
<p>28</p> <p>No School</p>	<p>29</p> <p>No School</p>	<p>30</p> <p>No School</p>	<p>31</p> <p>No School</p>	<p>KEY:</p> <ul style="list-style-type: none"> ♥ = Smart Choice entree item (16 grams of fat or less) 🏠 = Homemade fresh in the Opa! kitchen 🌿 = Whole Grain item 🍏 = Fresh Missouri Product 🌿 = Made with peanuts



LUNCH - MAY 2012

Arcadia Valley R-II School District | Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Opaa! designs elementary menus to meet the nutrition targets for HealthierUS School Challenge.</p>	<p>1</p> <ol style="list-style-type: none"> Signature Pizza ♡ 🏠, Fresh Garden Veggies, Fresh Apple, Orange Cake w/ Vanilla Frosting, Milk BBQ Pork on Bun ♡ 🏠, Fresh Garden Veggies, Fresh Apple, Orange Cake w/ Vanilla Frosting, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips ♡ 🏠, Fresh Apple, Orange Cake w/ Vanilla Frosting, Milk 	<p>2</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷, Milk Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷, Milk Caesar Chef Salad w/ WG Hot Roll ♡ 🏠, Blushing Pears, Milk 	<p>3</p> <ol style="list-style-type: none"> All American Hot Dog ♡, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie, Milk Country Fried Beef Steak Sandwich ♡ 🏠, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie, Milk Cobb Chef w/ WG Tortilla Chips ♡ 🏠, Peaches, Cowboy Cookie, Milk 	<p>4 Cinco De Mayo!</p> <ol style="list-style-type: none"> Crispy Beef Fajita ♡ 🏠, Fresh Garden Salad 🍷, Buckshot Beans, Fresh Orange Smiles, Krispie Rice Treat, Milk Super Nachos ♡ 🏠, Fresh Garden Salad 🍷, Buckshot Beans, Fresh Orange Smiles, Krispie Rice Treat, Milk Chef Salad w/ WG Bread Sticks ♡ 🏠, Fresh Orange Smiles, Krispie Rice Treat, Milk
<p>7</p> <ol style="list-style-type: none"> Chicken Tenders ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷, Milk Corn Dog ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷, Milk Popcorn Chicken Chef Salad w/ WG Bread Sticks ♡ 🏠, Rosy Applesauce, Cinnamon Delight Cookie 🍷, Milk 	<p>8</p> <ol style="list-style-type: none"> Mozzarella Dunkers ♡ 🏠, Green Beans, Chilled Pears, Apple Crisp, Milk Spaghetti & Meatballs w/ WG Bread Sticks ♡ 🏠, Green Beans, Chilled Pears, Apple Crisp, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips ♡ 🏠, Chilled Pears, Apple Crisp, Milk 	<p>9</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍷, Milk Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍷, Milk Chef Salad w/ WG Bread Sticks ♡ 🏠, Fresh Orange Smiles, Milk 	<p>10 Kindergarten Graduation</p> <ol style="list-style-type: none"> Cheeseburger ♡ 🏠, Fresh Garden Salad 🍷, Texas Pinto's, Fresh Grapes, Jello, Milk Soft Tacos ♡ 🏠, Fresh Garden Salad 🍷, Texas Pinto's, Fresh Grapes, Jello, Milk Cobb Chef w/ WG Tortilla Chips ♡ 🏠, Fresh Grapes, Jello, Milk 	<p>11 Play Day!</p> <ol style="list-style-type: none"> Sack Lunch 🍷
<p>14</p> <ol style="list-style-type: none"> Spaghetti & Meatballs w/ WG Bread Sticks ♡ 🏠, Fresh Garden Salad 🍷, Fresh Orange Smiles, Snickerdoodle, Milk Grilled Cheese ♡ 🏠, Fresh Garden Salad 🍷, Fresh Orange Smiles, Snickerdoodle, Milk Popcorn Chicken Chef Salad w/ WG Bread Sticks ♡ 🏠, Fresh Orange Smiles, Snickerdoodle, Milk 	<p>15</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich ♡ 🏠, Fresh Garden Veggies, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk Super Nachos ♡ 🏠, Fresh Garden Veggies, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips ♡ 🏠, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk 	<p>16</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷, Milk Roast Pork ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷, Milk Caesar Chef Salad w/ WG Hot Roll ♡ 🏠, Fresh Melon, Milk 	<p>17</p> <ol style="list-style-type: none"> Biscuits & Gravy ♡ 🏠, Sausage, Potato Rounds, Cinnamon Apple Slices 🍷, Milk French Toast ♡, Sausage, Potato Rounds, Cinnamon Apple Slices 🍷, Milk Cobb Chef w/ WG Tortilla Chips ♡ 🏠, Cinnamon Apple Slices 🍷, Cinnamon Delight Cookie 🍷, Milk 	<p>18</p> <ol style="list-style-type: none"> Hamburger ♡ 🍷, Goldfish, Fresh Banana, Chocolate Chip Cookie, Milk Deli Sub ♡ 🏠, Goldfish, Fresh Banana, Chocolate Chip Cookie, Milk
<p>21 Summer Vacation</p>	<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>	<p>25 No School</p>
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MILK SERVED DAILY:



1%



skim



chocolate skim

Our menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.

Menus subject to change.