



BREAKFAST - MAY 2012

Arcadia Valley R-II School District | Middle - High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.</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"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk Oatmeal 🌿🏠, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk 	<p>4 Cinco De Mayo</p> <ol style="list-style-type: none"> Migas 🌿🏠, Sweet Potato Patty 🏠, Fresh Melon 🍈, Milk General Mills Cereal, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, Milk Oatmeal 🌿🏠, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, 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 | Middle - High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</p> <p>Partnering with us in this endeavor are the following Missouri farms:</p> <p>Hamra Farms Farhmeier Farms Rasa Orchard</p>	<p>1</p> <ol style="list-style-type: none"> Buffalo Chicken Pizza 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Steakhouse Sandwich 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Deli Sub 🍷, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting 	<p>2</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷 Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷 Sack Lunch 🍷 	<p>3</p> <ol style="list-style-type: none"> All American Hot Dog ♡, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie Country Fried Beef Steak Sandwich 🏠, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie BBQ Pork on Bun ♡ 🍷, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie 	<p>4 Cinco De Mayo</p> <ol style="list-style-type: none"> Crispy Beef Fajita 🍷 🏠, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Super Nachos 🍷 🏠, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Pizza Pasta Bake w/ WG Italian Bread 🍷 ♡ 🏠, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie
<p>7</p> <ol style="list-style-type: none"> Chicken Tenders ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷 Corn Dog ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷 Turkey & Cheddar Melt ♡ 🏠 🍷, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷 	<p>8</p> <ol style="list-style-type: none"> Cheeseburger ♡ 🍷, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Crispy Tacos ♡ 🍷, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Italian Sub 🍷 🏠, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello 	<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 🍷 Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍷 Sack Lunch 🍷 	<p>10</p> <ol style="list-style-type: none"> Chicken & Curly Noodles w/ WG Italian Bread 🍷 ♡ 🏠, Green Beans, Chilled Pears, Apple Crisp Country Fried Beef Steak Sandwich 🏠 🍷, Green Beans, Chilled Pears, Apple Crisp Crispy Beef Burrito w/ Queso Sauce 🍷 🏠, Green Beans, Chilled Pears, Apple Crisp 	<p>11</p> <ol style="list-style-type: none"> Spicy Chicken Patty on a Bun ♡ 🍷, Broccoli, Peaches, PB Monster Cookie 🍷 Bacon Chicken Ranch Pizza ♡ 🏠, Broccoli, Peaches, PB Monster Cookie 🍷 3 Cheese Grilled Cheese ♡ 🍷, Broccoli, Peaches, PB Monster Cookie 🍷
<p>14 Goodbye Seniors!</p> <ol style="list-style-type: none"> Country Fried Beef Steak Sandwich 🏠 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie 3 Cheese Grilled Cheese ♡ 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie Ham & Cheddar Melt 🏠 ♡ 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie 	<p>15</p> <ol style="list-style-type: none"> Biscuits & Gravy ♡ 🏠, Sausage, Potato Rounds, Chilled Juice French Toast ♡, Sausage, Potato Rounds, Chilled Juice Breakfast Sandwich ♡ 🏠, Potato Rounds, Chilled Juice 	<p>16</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷 Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷 Sack Lunch 🍷 	<p>17</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich 🏠 🍷 ♡, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Fruit Cocktail, Amish Sugar Cookie Super Nachos 🍷 🏠, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Fruit Cocktail, Amish Sugar Cookie BBQ Meatloaf ♡ 🏠, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Fruit Cocktail, Amish Sugar Cookie 	<p>18</p> <ol style="list-style-type: none"> Cheeseburger ♡ 🍷, Lettuce & Tomato 🍏, Goldfish, Fresh Apple 🍏, Chocolate Chip Cookie All American Hot Dog ♡, Goldfish, Fresh Apple 🍏, Chocolate Chip Cookie Turkey & Cheese Sandwich ♡ 🍷, Lettuce & Tomato 🍏, Goldfish, Fresh Apple 🍏, Chocolate Chip Cookie
<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>
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Sugar-sweetened beverages (soda, sport drinks, fruit drinks) are the single largest source of added sugar in youths' diets. Because they offer so many calories and so little nutritional value, it is best not to drink more than two 8-ounce servings of sugar-sweetened beverages per week. Instead, choose water and low-fat (or fat-free) milk as primary beverage choices. Consume "sweets" only sometimes, and check food labels to avoid products with sugar in the first three ingredients.

Have a safe, happy, healthy summer and we will look forward to seeing you again in August!!

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

Menus subject to change.

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