



BREAKFAST - MAY 2012

Ava 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</p> <p>Cinco De Mayo</p> <ol style="list-style-type: none"> Migas 🌿🏠, Potato Rounds, Fresh Melon 🍈, Milk General Mills Cereal, Potato Rounds, Cinnamon Toast 🌿, Fresh Melon 🍈, Milk Oatmeal 🌿🏠, Potato Rounds, 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, WG Toast & Jelly 🌿, Chilled Fruit, Milk Oatmeal 🌿🏠, WG 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"> Colby Egg Omelet, Hash Brown Patty, WG Toast & Jelly 🌿, Milk General Mills Cereal, WG Toast & Jelly 🌿, Chilled Fruit, Milk Oatmeal 🌿🏠, WG 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>	<p>18</p>
<p>21</p> <p>, Orange Smiles</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>KEY:</p> <ul style="list-style-type: none"> ♥ = Smart Choice entree item (16 grams of fat or less) 🏠 = Homemade fresh in the Opaal kitchen 🌿 = Whole Grain item 🍏 = Fresh Missouri Product 🥜 = Made with peanuts





LUNCH - MAY 2012

Ava 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> <p>1. Signature Pizza ♡ 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk</p> <p>2. Corn Dog ♡, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk</p> <p>3. Salad Bar, Milk</p> <p>Sub Sandwich Bar</p>	<p>2</p> <p>1. Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍞, Milk</p> <p>2. Country Fried Beef Steak, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍞, Milk</p> <p>3. Salad Bar, Milk</p> <p>All American Hot Dog Bar</p>	<p>3</p> <p>1. All American Hot Dog ♡, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie</p> <p>2. Meatloaf ♡ 🏠, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie, Milk</p> <p>3. Salad Bar, Milk</p> <p>Super Nacho Bar</p>	<p>4 Cinco De Mayo</p> <p>1. Soft Tacos ♡ 🍷 🏠, Fresh Garden Salad 🥗, Buckshot Beans, Fresh Orange Smiles, Chocolate Chip Cookie</p> <p>2. Spicy Chicken Patty on a Bun ♡ 🍷 🏠, Fresh Garden Salad 🥗, Buckshot Beans, Fresh Orange Smiles, Chocolate Chip Cookie, Milk</p> <p>3. Salad Bar, Milk</p> <p>Sandwich Bar</p>
<p>7</p> <p>1. Chicken Tenders ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍪</p> <p>2. Corn Dog ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍪</p> <p>3. Salad Bar, Milk</p> <p>Super Nacho Bar</p>	<p>8</p> <p>1. Cheeseburger ♡ 🍷, Fresh Garden Salad 🥗, Texas Pinto's, Razzle Dazzle Jello</p> <p>2. Pizza Calzone 🍷 🏠, Fresh Garden Salad 🥗, Texas Pinto's, Razzle Dazzle Jello</p> <p>3. Salad Bar, Milk</p> <p>Smokin' BBQ Bar</p>	<p>9</p> <p>1. Chicken Patty ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍞</p> <p>2. BBQ Rib ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍞</p> <p>3. Salad Bar, Milk</p> <p>Baked Potato Bar</p>	<p>10</p> <p>1. Mozzarella Dunkers ♡ 🍷 🏠, Green Beans, Chilled Pears</p> <p>2. Spaghetti w/ WG Italian Bread ♡ 🍷 🏠, Green Beans, Chilled Pears</p> <p>3. Salad Bar, Milk</p> <p>General Chicken</p>	<p>11</p> <p>1. Popcorn Chicken ♡, Broccoli, Peaches, PB Monster Cookie 🍪</p> <p>2. Signature Pizza ♡ 🏠, Broccoli, Peaches, PB Monster Cookie 🍪, Milk</p> <p>3. Salad Bar, Milk</p> <p>Sandwich Bar</p>
<p>14</p> <p>1. Meatball Sub 🍷 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Chocolate Chip Cookie, Milk</p> <p>2. 3 Cheese Grilled Cheese ♡ 🍷 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Chocolate Chip Cookie, Milk</p> <p>3. Salad Bar, Milk</p> <p>All American Hot Dog Bar</p>	<p>15</p> <p>1. Chicken Tenders ♡, Fresh Garden Salad 🥗, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</p> <p>2. Super Nachos 🍷 🏠, Fresh Garden Salad 🥗, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</p> <p>3. Salad Bar, Milk</p> <p>Wrap it Up Bar</p>	<p>16</p> <p>1. Sack Lunch 🍷, Milk</p>	<p>17</p>	<p>18</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>KEY:</p> <ul style="list-style-type: none"> ♡ = Smart Choice entree item (16 grams of fat or less) 🏠 = Homemade fresh in the Opaa! kitchen 🍷 = Whole Grain item 🍏 = Fresh Missouri Product 🍪 = Made with peanuts

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.