

BREAKFAST - MAY 2012

Ava 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"> 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"> Bacon Egg & Cheese Burrito 🌾🏠, Potato Rounds, Fresh Fruit, Milk General Mills Cereal, Cinnamon Toast 🌾, Fresh Fruit, Milk Oatmeal 🌾🏠, Cinnamon Toast 🌾, 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, Peanut Butter Toast 🌾, Chilled Fruit, Milk Oatmeal 🌾🏠, Peanut Butter Toast 🌾, 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 🏠, Potato Rounds, 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, Potato Rounds, 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>, Milk</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>, Milk</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 | 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"> Tony's Pizza ♡, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk BBQ Rib 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 Country Fried Beef Steak, 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 Meatloaf ♡, 🍏, 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"> Soft Tacos ♡, 🍏, 🍏, 🍏, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk Spicy Chicken Patty on a Bun ♡, 🍏, 🍏, 🍏, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk Chef Salad w/ WG Bread Sticks ♡, 🍏, 🍏, 🍏, Fresh Orange Smiles, Ranger Cookie, 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"> Cheeseburger ♡, 🍏, 🍏, Fresh Garden Salad 🍏, Texas Pinto's, Razzle Dazzle Jello, Milk Pizza Calzone ♡, 🍏, 🍏, Fresh Garden Salad 🍏, Texas Pinto's, Razzle Dazzle Jello, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips ♡, 🍏, 🍏, 🍏, Texas Pinto's, Razzle Dazzle Jello, 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 BBQ Rib ♡, 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</p> <ol style="list-style-type: none"> Mozzarella Dunks ♡, 🍏, 🍏, Green Beans, Chilled Pears, Milk Spaghetti w/ WG Italian Bread ♡, 🍏, 🍏, Green Beans, Chilled Pears, Milk Cobb Chef w/ WG Tortilla Chips ♡, 🍏, 🍏, Chilled Pears, Milk 	<p>11</p> <ol style="list-style-type: none"> Popcorn Chicken ♡, Broccoli, Peaches, PB Monster Cookie 🍪, Milk Tony's Pizza ♡, Broccoli, Peaches, PB Monster Cookie 🍪, Milk Chef Salad w/ WG Bread Sticks ♡, 🍏, 🍏, 🍏, Peaches, PB Monster Cookie 🍪, Milk
<p>14</p> <ol style="list-style-type: none"> Meatball Sub ♡, 🍏, 🍏, Fresh Garden Veggies, Fresh Orange Smiles, Chocolate Chip Cookie, Milk Grilled Cheese ♡, 🍏, 🍏, Fresh Garden Veggies, Fresh Orange Smiles, Chocolate Chip Cookie, Milk Popcorn Chicken Chef Salad w/ WG Bread Sticks ♡, 🍏, 🍏, 🍏, Fresh Orange Smiles, Chocolate Chip Cookie, Milk 	<p>15</p> <ol style="list-style-type: none"> Chicken Tenders ♡, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk Super Nachos ♡, 🍏, 🍏, Fresh Garden Salad 🍏, 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"> Sack Lunch 🍞, Milk 	<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>, Milk</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

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.