LUNCH - MAY 2013

Basehor Linwood School District | High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KEY: ♡ = Smart Choice entree item (16 grams of fat or less) 🏠 = Homemade fresh in the Opaa! kitchen = Whole Grain-Rich 🍎 = Farm Fresh Product 🥜 = Made with peanuts	 *Opaa! designs elementary menus to meet the nutrition targets for* **HealthierUS School Challenge!**	**1** • **Chicken Patty** ♡ • **Home Baked Meatloaf** ♡ 🏠 Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll 🏠 • **Salad Bar** • **Turkey & Cheddar Melt** ♡ 🏠, Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit	**2** • **Lasagna w/ WG Italian Bread** ♡ 🏠 • **Pig in a Blanket** 🏠 Glazed Carrots, Spinach Salad, Peaches, Chilled Fruit • **Salad Bar** • **Hamburger Bar**, Glazed Carrots, Peaches, Chilled Fruit	**3** • **Flatbread Pizza** • **Spicy Chicken Patty on a Bun** ♡ Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit, Pasta Salad 🏠 • **Salad Bar** • **Smokin BBQ Bar** 🏠, Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit
6 • **Corn Dog** ♡ • **Ham & Cheddar Melt** 🏠 ♡ Oven Fries, Fresh Broccoli, Fresh Apple 🍎, Chilled Fruit • **Salad Bar** • **Tuscan Sandwich Bar** 🏠, Oven Fries, Fresh Broccoli, Fresh Apple 🍎, Chilled Fruit	**7** • **Soft Tacos w/ Tortilla Chips** 🏠 ♡ • **Super Nacho's w/ Spanish Rice** 🏠 Easy Bean Bake, Fresh Garden Salad 🍎, Tropical Fruit, Chilled Fruit • **Salad Bar** • **Hamburger Bar**, Fresh Garden Salad 🍎, Easy Bean Bake, Tropical Fruit, Chilled Fruit	**8** • **Country Fried Beef Steak** • **Chicken Patty** ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll 🏠 • **Salad Bar** • **Roast Turkey** 🏠 ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll 🏠	**9** • **Chicken & Cheese Quesadilla** ♡ 🏠 • **Meatball Sub** 🏠 Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad 🏠 • **Salad Bar** • **All American Hot Dog Bar**, Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad 🏠	**10** • **Opaa! Pepperoni Pizza** ♡ 🏠 • **Beef Pizzaiola Sandwich** Fresh Garden Salad 🍎, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • **Salad Bar** • **Wrap it Up Bar** 🏠, Fresh Garden Salad 🍎, Fresh Broccoli, Baby Carrots w/ Dip, Peaches, Chilled Fruit, Tortilla Chips
13 • **Parmessan Chicken Sandwich** 🏠 • **Pig in a Blanket** 🏠 Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit • **Salad Bar** • **Super Sub Bar** 🏠, Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit	**14** • **Chicken Nacho's w/ White Queso and Spanish Rice** 🏠 • **Mozzarella Dunkers w/ Marinara** ♡ 🏠 Fresh Garden Salad 🍎, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit • **Salad Bar** • **Sand-wedge Bar**, Fresh Garden Salad 🍎, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit	**15** • **Chicken Patty** ♡ • **Salisbury Steak** ♡ 🏠 Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll 🏠 • **Salad Bar** • **Turkey & Cheddar Melt** ♡ 🏠, Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit	**16** • **Buffalo Chicken Calzone** 🏠 • **Italian Sub** 🏠 Sweet Potato Fries, Steamed Broccoli, Peaches, Chilled Fruit • **Salad Bar** • **Orient Express Bar**, Glazed Carrots, Steamed Broccoli, Peaches, Chilled Fruit, Fried Rice 🏠	**17** • **Opaa! Bacon Chicken Ranch Pizza** ♡ 🏠 • **Spicy Chicken Patty on a Bun** ♡ Spinach Salad, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit • **Salad Bar** • **Super Nacho Bar** 🏠, Spinach Salad, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit, Spanish Rice 🏠
20 • **BBQ Rib w/ Pasta Salad** 🏠 • **All American Sub** ♡ 🏠 Sweet Potato Fries, Fresh Broccoli, Fresh Orange Smiles, Chilled Fruit • **Salad Bar** • **Italian Pasta Bar**, Fresh Broccoli, Sweet Potato Fries, Fresh Orange Smiles, Chilled Fruit, Opaa! Hot Roll 🏠	**21** • **Chicken Nuggets w/ Bread Stick** ♡ 🏠 • **Soft Tacos w/ Tortilla Chips** 🏠 ♡ Easy Bean Bake, Fresh Garden Salad 🍎, Fresh Grapes, Chilled Fruit • **Salad Bar** • **South of the Border Bar** 🏠, Easy Bean Bake, Fresh Garden Salad 🍎, Fresh Grapes, Chilled Fruit, Spanish Rice 🏠	**22** • **Chicken Patty** ♡ • **Home Baked Meatloaf** ♡ 🏠 Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Chilled Fruit, Opaa! Hot Roll 🏠 • **Salad Bar** • **Baked Ham**, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Chilled Fruit, Opaa! Hot Roll 🏠	**23** School's Out	**24** Summer Vacation
27	**28**	**29**	**30**	**31**

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!!

Opaa! menus are created in accordance with USDA Regulation for Healthy, Hunger-Free Kids Act.
Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered daily.

• Menus subject to change. •

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