BREAKFAST - MAY 2013

Bonner Springs - Edwardsville USD 204 | Bonner Springs 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! is proud to provide farm fresh, locally-grown products whenever they are available.* Partnering with us in this endeavor are the following Missouri farms: **Hamra Farms** **Farhmeier Farms** **Rasa Orchard**	**1** • **Opaa! Egg and Cheese Pizza** ⌂ , Chilled Juice • **Cereal**, Yogurt, Chilled Juice • **Oatmeal** ⌂ , Yogurt, Chilled Juice	**2** • **Breakfast Burrito w/ Salsa** ⌂ , Hash Brown Patty, Orange Smiles • **Cereal**, Toast & Jelly , Orange Smiles • **Oatmeal** ⌂ , Toast & Jelly , Orange Smiles	**3** • **Biscuits & Gravy** ⌂ , Sausage, Melon Cup • **Cereal**, Yogurt, Melon Cup • **Oatmeal** ⌂ , Yogurt, Melon Cup
6 • **French Toast Sticks** , Cinnamon Apple Slices • **Cereal**, Toast & Jelly , Cinnamon Apple Slices • **Oatmeal** ⌂ , Toast & Jelly , Cinnamon Apple Slices	**7** • **Colby Egg Omelet**, Cinnamon Toast , Potato Rounds, Peaches • **Cereal**, Cinnamon Toast , Peaches • **Oatmeal** ⌂ , Cinnamon Toast , Peaches	**8** • **Sausage Pancake on Stick**, Banana • **Cereal**, Yogurt, Banana • **Oatmeal** ⌂ , Yogurt, Banana	**9** • **Pancake Griddle Sandwich** ⌂ , Chilled Pears • **Cereal**, Toast & Jelly , Chilled Pears • **Oatmeal** ⌂ , Toast & Jelly , Chilled Pears	**10** • **Biscuits & Gravy** ⌂ , Sausage, Chilled Juice • **Cereal**, Yogurt, Chilled Juice • **Oatmeal** ⌂ , Yogurt, Chilled Juice
13 • **Pancakes** , Orange Smiles • **Cereal**, Cinnamon Toast , Orange Smiles • **Oatmeal** ⌂ , Cinnamon Toast , Orange Smiles	**14** • **Breakfast Burrito w/ Salsa** ⌂ , Hash Brown Patty, Chilled Juice • **Cereal**, Cinnamon Streusel Coffee Cake ⌂ , Chilled Juice • **Oatmeal** ⌂ , Cinnamon Streusel Coffee Cake ⌂ , Chilled Juice	**15** • **Breakfast Pizza**, Cinnamon Apple Slices • **Cereal**, Yogurt, Cinnamon Apple Slices • **Oatmeal** ⌂ , Yogurt, Cinnamon Apple Slices	**16** • **Fruit & Yogurt Parfait** ⌂ , Cinnamon Streusel Coffee Cake ⌂ , Peaches • **Cereal**, Cinnamon Streusel Coffee Cake ⌂ , Peaches • **Oatmeal** ⌂ , Cinnamon Streusel Coffee Cake ⌂ , Peaches	**17** • **Biscuits & Gravy** ⌂ , Sausage, Melon Cup • **Cereal**, Yogurt, Melon Cup • **Oatmeal** ⌂ , Yogurt, Melon Cup
20 • **Waffles** , Cinnamon Apple Slices • **Cereal**, Fruit Streusel Muffin ⌂ , Cinnamon Apple Slices • **Oatmeal** ⌂ , Fruit Streusel Muffin ⌂ , Cinnamon Apple Slices	**21** • **Pancake Griddle Sandwich** ⌂ , Orange Smiles • **Cereal**, Cinnamon Toast , Orange Smiles • **Oatmeal** ⌂ , Cinnamon Toast , Orange Smiles	**22** • **Sausage Pancake on Stick**, Banana • **Cereal**, Yogurt, Banana • **Oatmeal** ⌂ , Yogurt, Banana	**23**	**24**
27	**28**	**29**	**30**	**31**

LUNCH - MAY 2013

Bonner Springs - Edwardsville USD 204 | Bonner Springs 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 ♡ ⌂ • Seasoned Grilled Chicken ✲ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ ✲ • Salad Bar	**2** • Lasagna w/ WG Italian Bread ✲ ♡ ⌂ • Pig in a Blanket ✲ ⌂ • California Sub ♡ ⌂ ✲ Glazed Carrots, Spinach Salad, Peaches, Chilled Fruit • Salad Bar	**3** • Flatbread Pizza • Spicy Chicken Patty on a Bun ♡ ✲ • 3 Cheese Grilled Cheese ♡ ✲ ⌂ Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit, Pasta Salad ⌂ ✲ • Salad Bar
6 • Corn Dog ♡ ✲ • Grilled Chicken w/ Opaa! WG Hot Roll ✲ ♡ • Ham & Cheddar Melt ⌂ ✲ ♡ Oven Fries, Fresh Broccoli, Fresh Apple 🍎, Chilled Fruit • Salad Bar	**7** • Parmessan Chicken Sandwich ✲ ⌂ • Soft Tacos w/ Tortilla Chips ⌂ ✲ ♡ • Super Nacho's w/ Spanish Rice ✲ ⌂ Easy Bean Bake, Fresh Garden Salad 🍎, Tropical Fruit, Chilled Fruit • Salad Bar	**8** • Oven Roasted Chicken ♡ ⌂ • Country Fried Beef Steak • Chicken Patty ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ ✲ • Salad Bar	**9** • BBQ Rib on Bun ♡ • Chicken & Cheese Quesadilla ♡ ✲ ⌂ • Meatball Sub ✲ ⌂ Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad ⌂ ✲ • Salad Bar	**10** • Opaa! Pepperoni Pizza ♡ ⌂ • Mozzarella Dunkers w/ Marinara ♡ ✲ ⌂ • Beef Pizzaiola Sandwich Fresh Garden Salad 🍎, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • Salad Bar
13 • Parmessan Chicken Sandwich ✲ ⌂ • Spaghetti w/ Italian Bread ♡ ✲ ⌂ • Pig in a Blanket ✲ ⌂ Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit • Salad Bar	**14** • Chicken Nacho's w/ White Queso and Spanish Rice ✲ ⌂ • Mozzarella Dunkers w/ Marinara ♡ ✲ ⌂ • Peanut Butter & Jelly w/ Yogurt ⌂ ✲ ♡ 🥜 Fresh Garden Salad 🍎, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit • Salad Bar	**15** • Chicken Patty ♡ • Salisbury Steak ♡ ⌂ • Oven Roasted Chicken ♡ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ ✲ • Salad Bar	**16** • Buffalo Chicken Calzone ⌂ ✲ • Hamburger ♡ ✲ • Italian Sub ✲ ⌂ Sweet Potato Fries, Steamed Broccoli, Peaches, Chilled Fruit • Salad Bar	**17** • Opaa! Bacon Chicken Ranch Pizza ♡ ⌂ • Tuna Salad Sandwich ♡ ✲ ⌂ • Spicy Chicken Patty on a Bun ♡ ✲ Spinach Salad, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit • Salad Bar
20 • BBQ Rib w/ Pasta Salad ✲ ⌂ • All American Sub ♡ ⌂ ✲ • Grilled Chicken w/ Opaa! WG Hot Roll ✲ ♡ Sweet Potato Fries, Fresh Broccoli, Fresh Orange Smiles, Chilled Fruit • Salad Bar	**21** • Chicken Nuggets w/ Bread Stick ♡ ✲ ⌂ • Soft Tacos w/ Tortilla Chips ⌂ ✲ ♡ • 3 Cheese Grilled Cheese ♡ ✲ ⌂ Easy Bean Bake, Fresh Garden Salad 🍎, Fresh Grapes, Chilled Fruit • Salad Bar	**22** • Chicken Patty ♡ • Home Baked Meatloaf ♡ ⌂ • Roast Turkey ⌂ ♡ Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Chilled Fruit, Opaa! Hot Roll ⌂ ✲ • Salad Bar	**23**	**24**
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. •

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382.

© Opaa!™ Food Management, Inc.