

# BREAKFAST - MAY 2012

Crest Ridge R-VII 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><b>1</b></p> <ol style="list-style-type: none"> <li><b>Yogurt</b>, Cinnamon Roll 🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Roll 🏠, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Cinnamon Roll 🏠, Chilled Fruit, Milk</li> </ol>	<p><b>2</b></p> <ol style="list-style-type: none"> <li><b>Waffle Sundae</b> 🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Yogurt, Chilled Fruit, Milk</li> </ol>	<p><b>3</b></p> <ol style="list-style-type: none"> <li><b>Biscuits &amp; Gravy</b>, Sausage, Fresh Fruit, Milk</li> <li><b>General Mills Cereal</b>, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk</li> </ol>	<p><b>4</b></p> <p><b>Early Out!</b></p> <ol style="list-style-type: none"> <li><b>Bacon Egg &amp; Cheese Burrito</b> 🌾🏠, Hash Brown Patty, Fresh Fruit, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Toast 🌾, Fresh Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Cinnamon Toast 🌾, Fresh Fruit, Milk</li> </ol>
<p><b>7</b></p> <ol style="list-style-type: none"> <li><b>Waffles</b>, Orange Smiles, Milk</li> <li><b>General Mills Cereal</b>, Fruit Streusel Muffin 🏠, Orange Smiles, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Fruit Streusel Muffin 🏠, Orange Smiles, Milk</li> </ol>	<p><b>8</b></p> <ol style="list-style-type: none"> <li><b>Sunrise Breakfast Sandwich</b> 🌾🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast &amp; Jelly 🌾🏠, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, PB Toast or Toast &amp; Jelly 🌾🏠, Chilled Fruit, Milk</li> </ol>	<p><b>9</b></p> <ol style="list-style-type: none"> <li><b>Sausage Pancake on Stick</b>, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Yogurt, Chilled Fruit, Milk</li> </ol>	<p><b>10</b></p> <ol style="list-style-type: none"> <li><b>English Muffin Breakfast Melt</b> 🏠, Hash Brown Patty, Chilled Juice, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Toast 🌾, Chilled Juice, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Cinnamon Toast 🌾, Chilled Juice, Milk</li> </ol>	<p><b>11</b></p> <ol style="list-style-type: none"> <li><b>Biscuits &amp; Gravy</b>, Sausage, Fresh Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Fresh Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Yogurt, Fresh Fruit, Milk</li> </ol>
<p><b>14</b></p> <ol style="list-style-type: none"> <li><b>Breakfast Pizza</b>, Cinnamon Apple Slices, Milk</li> <li><b>General Mills Cereal</b>, Fruit Streusel Muffin 🏠, Cinnamon Apple Slices, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Fruit Streusel Muffin 🏠, Cinnamon Apple Slices, Milk</li> </ol>	<p><b>15</b></p> <ol style="list-style-type: none"> <li><b>Colby Egg Omelet</b>, Hash Brown Patty, PB Toast or Toast &amp; Jelly 🌾🏠, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast &amp; Jelly 🌾🏠, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, PB Toast or Toast &amp; Jelly 🌾🏠, Chilled Fruit, Milk</li> </ol>	<p><b>16</b></p> <ol style="list-style-type: none"> <li><b>Stuffed French Toast</b> 🌾🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Yogurt, Chilled Fruit, Milk</li> </ol>	<p><b>17</b></p> <ol style="list-style-type: none"> <li><b>Caramel Apple Fruit &amp; Yogurt Parfait</b> 🏠, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Roll 🏠, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Cinnamon Roll 🏠, Chilled Fruit, Milk</li> </ol>	<p><b>18</b></p> <p><b>Early Out!</b></p> <ol style="list-style-type: none"> <li><b>Biscuits &amp; Gravy</b>, Sausage, Fresh Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Fresh Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Yogurt, Fresh Fruit, Milk</li> </ol>
<p><b>21</b></p> <p>No School</p>	<p><b>22</b></p> <p>No School</p>	<p><b>23</b></p> <p>No School</p>	<p><b>24</b></p> <p>No School</p>	<p><b>25</b></p> <p>No School</p>
<p><b>28</b></p> <p>No School</p>	<p><b>29</b></p> <p>No School</p>	<p><b>30</b></p> <p>No School</p>	<p><b>31</b></p> <p>No School</p>	<p><b>KEY:</b></p> <ul style="list-style-type: none"> <li>♥ = Smart Choice entree item (16 grams of fat or less)</li> <li>🏠 = Homemade fresh in the Opa! kitchen</li> <li>🌾 = Whole Grain item</li> <li>🍏 = Fresh Missouri Product</li> <li>🌿 = Made with peanuts</li> </ul>



# LUNCH - MAY 2012

Crest Ridge R-VII School District | Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Opaa! designs elementary menus to meet the nutrition targets for HealthierUS School Challenge.</b></p>	<p><b>1</b></p> <ol style="list-style-type: none"> <li><b>Tony's Pizza</b> ♡, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk</li> <li><b>BBQ Rib on Bun</b> ♡, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk</li> <li><b>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🌿, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk</li> </ol>	<p><b>2</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍞, Milk</li> <li><b>Roast Turkey</b> ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍞, Milk</li> <li><b>Caesar Chef Salad w/ WG Hot Roll</b> 🌿, Blushing Pears, Milk</li> </ol>	<p><b>3</b></p> <ol style="list-style-type: none"> <li><b>All American Hot Dog</b> ♡, 3 Cheese Mac &amp; Cheese 🍝, Peas, Peaches, Cowboy Cookie, Milk</li> <li><b>Meatloaf</b> ♡, 3 Cheese Mac &amp; Cheese 🍝, Peas, Peaches, Cowboy Cookie, Milk</li> <li><b>Cobb Chef w/ WG Tortilla Chips</b> 🌿, Peaches, Cowboy Cookie, Milk</li> </ol>	<p><b>4</b></p> <p><b>Early Out!</b></p> <ol style="list-style-type: none"> <li><b>Sack Lunch</b> 🍷, Pretzel Goldfish, Fresh Banana, Snickerdoodle, Milk</li> </ol>
<p><b>7</b></p> <ol style="list-style-type: none"> <li><b>Chicken Tenders</b> ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍪, Milk</li> <li><b>Corn Dog</b> ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍪, Milk</li> <li><b>Popcorn Chicken Chef Salad w/ WG Bread Sticks</b> 🌿, Rosy Applesauce, Cinnamon Delight Cookie 🍪, Milk</li> </ol>	<p><b>8</b></p> <ol style="list-style-type: none"> <li><b>Cheeseburger</b> ♡, Fresh Garden Salad 🥗, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk</li> <li><b>Soft Tacos</b> ♡, Fresh Garden Salad 🥗, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk</li> <li><b>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🌿, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk</li> </ol>	<p><b>9</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍞, Milk</li> <li><b>BBQ Rib</b> ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍞, Milk</li> <li><b>Chef Salad w/ WG Bread Sticks</b> ♡, Fresh Orange Smiles, Milk</li> </ol>	<p><b>10</b></p> <ol style="list-style-type: none"> <li><b>Monte Cristo Sandwich</b> 🍞, Green Beans, Chilled Pears, Apple Crisp, Milk</li> <li><b>Spaghetti &amp; Meatballs w/ WG Bread Sticks</b> 🍝, Green Beans, Chilled Pears, Apple Crisp, Milk</li> <li><b>Cobb Chef w/ WG Tortilla Chips</b> 🌿, Chilled Pears, Apple Crisp, Milk</li> </ol>	<p><b>11</b></p> <ol style="list-style-type: none"> <li><b>Popcorn Chicken</b> ♡, Broccoli, Peaches, PB Monster Cookie 🍪, Milk</li> <li><b>Tony's Pizza</b> ♡, Broccoli, Peaches, PB Monster Cookie 🍪, Milk</li> <li><b>Chef Salad w/ WG Bread Sticks</b> ♡, Peaches, PB Monster Cookie 🍪, Milk</li> </ol>
<p><b>14</b></p> <ol style="list-style-type: none"> <li><b>Meatball Sub</b> 🍞, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk</li> <li><b>Grilled Cheese</b> 🍞, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk</li> <li><b>Popcorn Chicken Chef Salad w/ WG Bread Sticks</b> 🌿, Fresh Orange Smiles, Ranger Cookie, Milk</li> </ol>	<p><b>15</b></p> <ol style="list-style-type: none"> <li><b>BBQ Chicken Sandwich</b> 🍞, Fresh Garden Salad 🥗, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</li> <li><b>Super Nachos</b> 🌿, Fresh Garden Salad 🥗, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</li> <li><b>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🌿, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</li> </ol>	<p><b>16</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍞, Milk</li> <li><b>Salisbury Steak</b> ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍞, Milk</li> <li><b>Caesar Chef Salad w/ WG Hot Roll</b> 🌿, Fresh Melon, Milk</li> </ol>	<p><b>17</b></p> <ol style="list-style-type: none"> <li><b>Sack Lunch</b> 🍷, Sun Chips, Fresh Apple 🍏, Milk</li> </ol>	<p><b>18</b></p> <p><b>Early Out!</b></p> <ol style="list-style-type: none"> <li><b>Tony's Pizza</b> ♡, Roasted Vegetables, Tropical Fruit, Sweet Potato Cookie, Milk</li> <li><b>Chef Salad w/ WG Bread Sticks</b> ♡, Tropical Fruit, Ranger Cookie, Milk</li> </ol>
<p><b>21</b></p> <p>No School</p>	<p><b>22</b></p> <p>No School</p>	<p><b>23</b></p> <p>No School</p>	<p><b>24</b></p> <p>No School</p>	<p><b>25</b></p> <p>No School</p>
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## 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.