

BREAKFAST - MAY 2012

Diamond R-IV 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 🌿🏠, Hash Brown Patty, 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, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, PB Toast or 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, PB Toast or Toast & Jelly 🌿🏠, Milk General Mills Cereal, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk 	<p>16</p> <ol style="list-style-type: none"> Stuffed French Toast 🌿🏠, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk 	<p>17</p> <p>Summer Vacation</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 Opaal kitchen 🌿 = Whole Grain item 🍏 = Fresh Missouri Product 🌿🐾 = Made with peanuts



LUNCH - MAY 2012

Diamond R-IV 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 Roast Turkey ♡, 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"> Crispy Beef Fajita ♡, Fresh Garden Salad ♡, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk Chicken Nacho's w/ White Queso ♡, 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, Fresh Grapes, Razzle Dazzle Jello, Milk Soft Tacos ♡, Fresh Garden Salad ♡, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips ♡, Texas Pinto's, Fresh Grapes, 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"> Monte Cristo Sandwich ♡, Green Beans, Chilled Pears, Apple Crisp, Milk Spaghetti & Meatballs w/ WG Bread Sticks ♡, Green Beans, Chilled Pears, Apple Crisp, Milk Cobb Chef w/ WG Tortilla Chips ♡, Chilled Pears, Apple Crisp, Milk
<p>14</p> <ol style="list-style-type: none"> Meatball Sub ♡, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk Grilled Cheese ♡, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk Popcorn Chicken Chef Salad w/ WG Bread Sticks ♡, Fresh Orange Smiles, Ranger Cookie, Milk 	<p>15</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich ♡, 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"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll ♡, Milk Salisbury Steak ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll ♡, Milk Caesar Chef Salad w/ WG Hot Roll ♡, Fresh Melon, Milk 	<p>17</p> <p style="text-align: center;">Summer Vacation</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

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.