



BREAKFAST - MAY 2012

Diamond R-IV School District | Middle - High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.</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 Cinco De Mayo</p> <ol style="list-style-type: none"> Migas 🌿🏠, Sweet Potato Patty 🏠, Fresh Melon 🍈, Milk General Mills Cereal, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, Milk Oatmeal 🌿🏠, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, 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>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 Opaal kitchen 🌿 = Whole Grain item 🍈 = Fresh Missouri Product 🌿 = Made with peanuts





LUNCH - MAY 2012

Diamond R-IV School District | Middle - High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</p> <p>Partnering with us in this endeavor are the following Missouri farms:</p> <p>Hamra Farms Farhmeier Farms Rasa Orchard</p>	<p>1</p> <ol style="list-style-type: none"> Buffalo Chicken Pizza 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Steakhouse Sandwich 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Fajita Chicken Chef Salad w/ WG Tortilla Chips 🍃🍏🏠, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting <p>Oodles of Noodles</p>	<p>2</p> <ol style="list-style-type: none"> Chicken Patty 🍏, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍃 Roast Turkey 🍏🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll Caesar Chef Salad w/ WG Hot Roll 🍃🍏🏠, Blushing Pears 	<p>3</p> <ol style="list-style-type: none"> All American Hot Dog 🍏, 3 Cheese Mac & Cheese 🍃, Peas, Peaches, Cowboy Cookie Meatloaf 🍏🏠, 3 Cheese Mac & Cheese 🍃, Peas, Peaches, Cowboy Cookie Cobb Chef w/ WG Tortilla Chips 🍃🍏🏠, Peaches, Cowboy Cookie <p>Breakfast for Lunch Bar</p>	<p>4</p> <p>Cook Out!!</p>
<p>7</p> <ol style="list-style-type: none"> Chicken Tenders 🍏, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍃 Corn Dog 🍏, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍃 Popcorn Chicken Chef Salad w/ WG Bread Sticks 🍃🍏🏠, Rosy Applesauce, Cinnamon Delight Cookie 🍃 <p>Sub Sandwich Bar</p>	<p>8</p> <ol style="list-style-type: none"> Cheeseburger 🍏🍃, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Crispy Tacos 🍏🏠, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Fajita Chicken Chef Salad w/ WG Tortilla Chips 🍃🍏🏠, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello <p>Smokin' BBQ Bar</p>	<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 🍃 BBQ Rib 🍏, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍃 Caesar Chef Salad w/ WG Hot Roll 🍃🍏🏠, Fresh Orange Smiles 	<p>10</p> <ol style="list-style-type: none"> Monte Cristo Sandwich 🍃🏠, Green Beans, Chilled Pears, Apple Crisp Spaghetti & Meatballs w/ WG Bread Sticks 🍃🍏🏠, Green Beans, Chilled Pears, Apple Crisp Cobb Chef w/ WG Tortilla Chips 🍃🍏🏠, Chilled Pears, Apple Crisp 	<p>11</p> <p>Cook Out!!</p>
<p>14</p> <ol style="list-style-type: none"> Meatball Sub 🍃🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie 3 Cheese Grilled Cheese 🍏🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie Popcorn Chicken Chef Salad w/ WG Bread Sticks 🍃🍏🏠, Fresh Orange Smiles, Ranger Cookie <p>Taco Bar</p>	<p>15</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich 🍏🍃🏠, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie Super Nachos 🍃🏠, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie Fajita Chicken Chef Salad w/ WG Tortilla Chips 🍃🍏🏠, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie <p>All American Hot Dog Bar</p>	<p>16</p> <ol style="list-style-type: none"> Chicken Patty 🍏, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍃 Salisbury Steak 🍏🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍃 Caesar Chef Salad w/ WG Hot Roll 🍃🍏🏠, Fresh Melon 	<p>17</p> <p>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

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!!

Our menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.

Menus subject to change.

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