



BREAKFAST - MAY 2012

Excelsior Springs School District | 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, WG Toast & Jelly 🌾, Chilled Fruit, Milk Oatmeal 🌾🏠, WG 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, Cinnamon Toast 🌾, Milk General Mills Cereal, Cinnamon Toast 🌾, Chilled Fruit, Milk Oatmeal 🌾🏠, Cinnamon Toast 🌾, 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> <ol style="list-style-type: none"> Caramel Apple Fruit & Yogurt Parfait 🏠, Milk General Mills Cereal, Cinnamon Roll 🏠, Chilled Fruit, Milk Oatmeal 🌾🏠, Cinnamon Roll 🏠, Chilled Fruit, Milk 	<p>18</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>21</p> <ol style="list-style-type: none"> Pancakes, Orange Smiles, Milk General Mills Cereal, WG Toast & Jelly 🌾, Orange Smiles, Milk Oatmeal 🌾🏠, WG Toast & Jelly 🌾, Orange Smiles, Milk 	<p>22 Summer Vacation</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 Opa! kitchen 🌾 = Whole Grain item 🍏 = Fresh Missouri Product 🥜 = Made with peanuts





LUNCH - MAY 2012

Excelsior Springs School District | 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>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>4 Cinco De Mayo</p> <ol style="list-style-type: none"> Crispy Beef Fajita 🍷, 🍏, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Chicken Nacho's w/ White Queso 🍷, 🍏, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Asian Chef Salad w/ WG Bread Stick 🍷, 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie
<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>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>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> <ol style="list-style-type: none"> Spicy Chicken Patty on a Bun 🍷, 🍏, Broccoli, Peaches, Snickerdoodle Bacon Chicken Ranch Pizza 🍷, 🍏, Broccoli, Peaches, Snickerdoodle Chef Salad w/ WG Bread Sticks 🍷, 🍏, Peaches, Snickerdoodle
<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>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>16</p> <ol style="list-style-type: none"> Chicken Patty 🍷, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷 Country Fried Beef 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> <ol style="list-style-type: none"> Biscuits & Gravy 🍷, 🍏, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices Stuffed French Toast 🍷, 🍏, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices Cobb Chef w/ WG Tortilla Chips 🍷, 🍏, Cinnamon Apple Slices, Cinnamon Delight Cookie 🍷 	<p>18</p> <ol style="list-style-type: none"> Signature Pizza 🍷, 🍏, Roasted Vegetables, Peaches, Sweet Potato Cookie Chicken Nuggets 🍷, 🍏, Roasted Vegetables, Tropical Fruit, Sweet Potato Cookie Chef Salad w/ WG Bread Sticks 🍷, 🍏, Tropical Fruit, Sweet Potato Cookie
<p>21</p> <p>Celebrate!</p> <ol style="list-style-type: none"> Sack Lunch 🍷 	<p>22</p> <p>Summer Vacation</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.