BREAKFAST - MAY 2013

Galena Unified School District 499 | Spring Grove 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** School's Out	**24** School's Out
27 Memorial Day	**28** Summer Vacation	**29** Summer Vacation	**30** Summer Vacation	**31** Summer Vacation

LUNCH - MAY 2013

Galena Unified School District 499 | Spring Grove School

Galena Unified Schools 499

OPAA!™

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** ♡ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Caesar Chef Salad** ✳ ♡ ⌂, Baby Carrots w/ Dip, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**2** • **Spaghetti w/ Italian Bread** ♡ ✳ ⌂ • **Pig in a Blanket** ✳ ⌂ Glazed Carrots, Fresh Broccoli, Corn, Peaches, Chilled Fruit • **Asian Chef Salad** ♡ ⌂, Corn, Peaches, Chilled Fruit, Corn Muffin ⌂	**3** • **Flatbread Pizza** • **3 Cheese Grilled Cheese** ♡ ✳ ⌂ Baby Carrots w/ Dip, Spinach Salad, Pickled Beets, Tropical Fruit, Chilled Fruit • **Chef Salad** ♡ ✳ ⌂, Red Pepper Rings, Tropical Fruit, Chilled Fruit, Corn Muffin ⌂
6 • **Corn Dog** ♡ ✳ • **Sloppy Joe** ♡ ✳ ⌂ Oven Fries, Fresh Broccoli, Fresh Apple 🍎, Chilled Fruit • **Chef Salad** ♡ ✳ ⌂, Peas, Red Pepper Rings, Fresh Apple 🍎, Chilled Fruit, Corn Muffin ⌂	**7** • **Chicken Ring Things** ♡ • **Fish Shaped Flat Bread Cheese Melt** ♡ ✳ ⌂ Texas Pinto's, Fresh Garden Salad 🍎, Tropical Fruit, Chilled Fruit • **Fajita Chicken Salad** ✳ ♡ ⌂, Texas Pinto's, Tropical Fruit, Chilled Fruit, Tortilla Chips ✳	**8** • **Country Fried Beef Steak** • **Chicken Patty** ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Caesar Chef Salad** ✳ ♡ ⌂, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**9** • **BBQ Rib on Bun** ♡ • **Chicken & Cheese Quesadilla** ♡ ✳ ⌂ Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit • **Asian Chef Salad** ♡ ⌂, Corn, Fresh Banana, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**10** • **Opaa! Cheese Pizza** ♡ ✳ ⌂ • **Mozzarella Dunkers w/ Marinara** ♡ ✳ ⌂ Fresh Garden Salad 🍎, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • **Chef Salad** ♡ ✳ ⌂, Peas, Peaches, Chilled Fruit, Corn Muffin ⌂
13 • **Hot Dog on a Bun** ✳ • **Grilled Chicken w/ Opaa! WG Hot Roll** ✳ ♡ Steamed Broccoli, Fresh Garden Salad 🍎, Corn, Pineapple, Chilled Fruit • **Chef Salad** ♡ ✳ ⌂, Baby Carrots w/ Dip, Pineapple, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**14** • **Super Nachos** ✳ ⌂ • **Peanut Butter & Jelly w/ Yogurt** ⌂ ✳ ♡ 🥜 Fresh Garden Salad 🍎, Fresh Broccoli, BBQ Bacon Beans, Fresh Orange Smiles, Chilled Fruit • **Fajita Chicken Salad** ✳ ♡ ⌂, BBQ Bacon Beans, Fresh Orange Smiles, Chilled Fruit, Tortilla Chips ✳	**15** • **Chicken Patty** ♡ • **Salisbury Steak** ♡ ⌂ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Caesar Chef Salad** ✳ ♡ ⌂, Peas, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**16** • **Hamburger** ♡ ✳ • **3 Cheese Grilled Cheese** ♡ ✳ ⌂ Oven Fries, Fresh Tomatoes, Peaches, Chilled Fruit • **Asian Chef Salad** ♡ ⌂, Fresh Tomatoes, Peaches, Chilled Fruit, Corn Muffin ⌂	**17** • **Opaa! Pepperoni Pizza** ♡ ⌂ • **Peanut Butter & Jelly w/ Yogurt** ⌂ ✳ ♡ 🥜 Green Beans, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit • **Chef Salad** ♡ ✳ ⌂, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit, Corn Muffin ⌂
20 • **BBQ Rib on Bun** ♡ • **All American Sub** ♡ ⌂ ✳ Sweet Potato Fries, Fresh Broccoli, Fresh Orange Smiles, Chilled Fruit • **Chef Salad** ♡ ✳ ⌂, Peas, Fresh Orange Smiles, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**21** • **Chicken Nuggets** ♡ • **Soft Tacos** ♡ ✳ ⌂ Easy Bean Bake, Fresh Garden Salad 🍎, Fresh Grapes, Chilled Fruit • **Fajita Chicken Salad** ✳ ♡ ⌂, Easy Bean Bake, Fresh Grapes, Chilled Fruit, Tortilla Chips ✳	**22** • **Chicken Patty** ♡ • **Home Baked Meatloaf** ♡ ⌂ Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Caesar Chef Salad** ✳ ♡ ⌂, Baby Carrots w/ Dip, Peaches, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**23** No School	**24** No School
27 Summer Vacation	**28** Summer Vacation	**29** Summer Vacation	**30** Summer Vacation	**31** Summer Vacation

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. •

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