



# BREAKFAST - MAY 2012

Hallsville 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><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> <b>Cinco De Mayo</b></p> <ol style="list-style-type: none"> <li><b>Migas</b> 🌿🏠, Sweet Potato Patty 🏠, Fresh Melon 🍈, Milk</li> <li><b>General Mills Cereal</b>, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, 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> <b>No School</b></p>
<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> <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> <ol style="list-style-type: none"> <li><b>Pancakes</b>, Orange Smiles, Milk</li> <li><b>General Mills Cereal</b>, WG Toast &amp; Jelly 🌿, Orange Smiles, Milk</li> <li><b>Oatmeal</b> 🌿🏠, WG Toast &amp; Jelly 🌿, Orange Smiles, Milk</li> </ol>	<p><b>22</b></p> <ol style="list-style-type: none"> <li><b>Bacon Egg &amp; Cheese Burrito</b> 🌿🏠, Hash Brown Patty, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast &amp; Jelly 🌿🏠, Chilled Juice, Milk</li> <li><b>Oatmeal</b> 🌿🏠, PB Toast or Toast &amp; Jelly 🌿🏠, Chilled Juice, Milk</li> </ol>	<p><b>23</b></p> <ol style="list-style-type: none"> <li><b>Sausage Pancake on Stick</b>, Peaches, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Peaches, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Yogurt, Peaches, Milk</li> </ol>	<p><b>24</b> <b>Summer Vacation</b></p>	<p><b>25</b> <b>Summer Vacation</b></p>
<p><b>28</b> <b>Summer Vacation</b></p>	<p><b>29</b> <b>Summer Vacation</b></p>	<p><b>30</b> <b>Summer Vacation</b></p>	<p><b>31</b> <b>Summer Vacation</b></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 Opaa! kitchen</li> <li>🌿 = Whole Grain item</li> <li>🍏 = Fresh Missouri Product</li> <li>🌿 = Made with peanuts</li> </ul>





# LUNCH - MAY 2012

Hallsville 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><b>Hamra Farms</b> <b>Farhmeier Farms</b> <b>Rasa Orchard</b></p>	<p><b>1</b></p> <ol style="list-style-type: none"> <li><b>Buffalo Chicken Pizza</b> 🍷, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting</li> <li><b>Steakhouse Sandwich</b> 🍷, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting</li> <li><b>Salad Bar</b></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 🍷</li> <li><b>Roast Turkey</b> 🍷, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b></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</li> <li><b>Meatloaf</b> 🍷, 3 Cheese Mac &amp; Cheese 🍷, Peas, Peaches, Cowboy Cookie</li> <li><b>Salad Bar</b></li> </ol>	<p><b>4</b> <b>Cinco De Mayo</b></p> <ol style="list-style-type: none"> <li><b>Crispy Beef Fajita</b> 🍷, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Chicken Nacho's w/ White Queso</b> 🍷, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Salad Bar</b></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 🍷</li> <li><b>Corn Dog</b> 🍷, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷</li> <li><b>Salad Bar</b></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</li> <li><b>Crispy Tacos</b> 🍷, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello</li> <li><b>Salad Bar</b></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 🍷</li> <li><b>BBQ Rib</b> 🍷, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b></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</li> <li><b>Spaghetti &amp; Meatballs w/ WG Bread Sticks</b> 🍷, Green Beans, Chilled Pears, Apple Crisp</li> <li><b>Salad Bar</b></li> </ol>	<p><b>11</b></p> <p><b>No School</b></p>
<p><b>14</b></p> <ol style="list-style-type: none"> <li><b>Meatball Sub</b> 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie</li> <li><b>3 Cheese Grilled Cheese</b> 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Salad Bar</b></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</li> <li><b>Super Nachos</b> 🍷, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie</li> <li><b>Salad Bar</b></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 🍷</li> <li><b>Salisbury Steak</b> 🍷, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b></li> </ol>	<p><b>17</b></p> <ol style="list-style-type: none"> <li><b>Biscuits &amp; Gravy</b> 🍷, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍏</li> <li><b>Stuffed French Toast</b> 🍷, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍏</li> <li><b>Salad Bar</b></li> </ol>	<p><b>18</b></p> <ol style="list-style-type: none"> <li><b>Signature Pizza</b> 🍷, Roasted Vegetables, Peaches, Sweet Potato Cookie</li> <li><b>Chicken Nuggets</b> 🍷, Roasted Vegetables, Tropical Fruit, Sweet Potato Cookie</li> <li><b>Salad Bar</b></li> </ol>
<p><b>21</b></p> <ol style="list-style-type: none"> <li><b>Popcorn Chicken</b> 🍷, Glazed Carrots, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze</li> <li><b>Asian Pork</b> 🍷, Glazed Carrots, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze</li> <li><b>Salad Bar</b></li> </ol>	<p><b>22</b></p> <ol style="list-style-type: none"> <li><b>Chicken Nacho's w/ White Queso</b> 🍷, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Apple 🍏, PB Chocolate Chip Cookie 🍷</li> <li><b>Spiral Pig in a Blanket</b> 🍷, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Apple 🍏, PB Chocolate Chip Cookie 🍷</li> <li><b>Salad Bar</b></li> </ol>	<p><b>23</b></p> <ol style="list-style-type: none"> <li><b>Chicken Patty</b> 🍷, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll 🍷</li> <li><b>Roast Turkey</b> 🍷, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll 🍷</li> <li><b>Salad Bar</b></li> </ol>	<p><b>24</b></p> <p><b>Summer Vacation</b></p>	<p><b>25</b></p> <p><b>Summer Vacation</b></p>
<p><b>28</b></p> <p><b>Summer Vacation</b></p>	<p><b>29</b></p> <p><b>Summer Vacation</b></p>	<p><b>30</b></p> <p><b>Summer Vacation</b></p>	<p><b>31</b></p> <p><b>Summer Vacation</b></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 Opaa! kitchen</li> <li>🍷 = Whole Grain item</li> <li>🍏 = Fresh Missouri Product</li> <li>🍷 = Made with peanuts</li> </ul>

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.