BREAKFAST - MAY 2013

Iron County C-4 School District | High 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** No School	**23** No School	**24** No School
27 No School	**28** No School	**29** No School	**30** No School	**31** No School

LUNCH - MAY 2013

Iron County C-4 School District | High 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! 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 ⌂ • **Salad Bar**	**2** • **Lasagna w/ WG Italian Bread** ♡ ⌂ • **California Sub** ♡ ⌂ Glazed Carrots, Spinach Salad, Peaches, Chilled Fruit • **Salad Bar**	**3** • **Spicy Chicken Patty on a Bun** ♡ • **3 Cheese Grilled Cheese** ♡ ⌂ Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit, Pasta Salad ⌂ • **Salad Bar**
6 • **Corn Dog** ♡ • **Grilled Chicken w/ Opaa! WG Hot Roll** ♡ Oven Fries, Fresh Broccoli, Fresh Apple, Chilled Fruit • **Salad Bar**	**7** • **Parmessan Chicken Sandwich** ⌂ • **Super Nacho's w/ Spanish Rice** ⌂ Easy Bean Bake, Fresh Garden Salad, Tropical Fruit, Chilled Fruit • **Salad Bar**	**8** • **Country Fried Beef Steak** • **Chicken Patty** ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ • **Salad Bar**	**9** • **BBQ Rib on Bun** ♡ • **Meatball Sub** ⌂ Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad ⌂ • **Salad Bar**	**10** • **Opaa! Pepperoni Pizza** ♡ ⌂ • **Mozzarella Dunkers w/ Marinara** ♡ ⌂ Fresh Garden Salad, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • **Salad Bar**
13 • **Parmessan Chicken Sandwich** ⌂ • **Spaghetti w/ Italian Bread** ♡ ⌂ Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit • **Salad Bar**, Fresh Tomatoes	**14** • **Chicken Nacho's w/ White Queso and Spanish Rice** ⌂ • **Mozzarella Dunkers w/ Marinara** ♡ ⌂ Fresh Garden Salad, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit • **Salad Bar**	**15** • **Chicken Patty** ♡ • **Salisbury Steak** ♡ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ • **Salad Bar**	**16** • **Hamburger** ♡ • **Italian Sub** ⌂ Sweet Potato Fries, Steamed Broccoli, Peaches, Chilled Fruit • **Salad Bar**	**17** • **Opaa! Bacon Chicken Ranch Pizza** ♡ ⌂ • **Spicy Chicken Patty on a Bun** ♡ Spinach Salad, Baby Carrots w/ Dip, Fresh Apple, Chilled Fruit • **Salad Bar**
20 • **BBQ Rib w/ Pasta Salad** ⌂ • **Grilled Chicken w/ Opaa! WG Hot Roll** ♡ Sweet Potato Fries, Fresh Broccoli, Fresh Orange Smiles, Chilled Fruit • **Salad Bar**	**21** Early Out!	**22** No School	**23** No School	**24** No School
27 No School	**28** No School	**29** No School	**30** No School	**31** No School

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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