BREAKFAST - MAY 2013

Kennett School District 39 | 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** • **Sausage Pancake on Stick**, Banana • **Cereal**, Yogurt, Banana • **Oatmeal** ⌂ , Yogurt, Banana	**23** Early Out! • **Cereal**, Toast & Jelly , Chilled Juice	**24** No School
27 No School	**28** No School	**29** No School	**30** No School	**31** No School

LUNCH - MAY 2013

Kennett School District 39 | 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** ♡ 🏠 • **Seasoned Grilled Chicken** 🌾 🏠 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 🏠 🌾 • **Turkey & Cheddar Melt** ♡ 🏠 🌾, Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit	**2** • **Lasagna w/ WG Italian Bread** 🌾 ♡ 🏠 • **Pig in a Blanket** 🌾 🏠 • **California Sub** ♡ 🏠 🌾 Glazed Carrots, Spinach Salad, Peaches, Chilled Fruit • **Asian Chef Salad** ♡ 🏠, Red Pepper Rings, Peaches, Chilled Fruit, Corn Muffin 🏠 • **Hamburger Bar** 🌾, Glazed Carrots, Peaches, Chilled Fruit	**3** • **Flatbread Pizza** • **Spicy Chicken Patty on a Bun** ♡ 🌾 • **3 Cheese Grilled Cheese** ♡ 🌾 🏠 Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit, Pasta Salad 🏠 🌾 • **Chef Salad** ♡ 🌾 🏠, Baby Carrots w/ Dip, Tropical Fruit, Chilled Fruit, Corn Muffin 🏠 • **Smokin BBQ Bar** 🏠 🌾, Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit
6 • **Corn Dog** ♡ 🌾 • **Grilled Chicken w/ Opaa! WG Hot Roll** 🌾 ♡ • **Ham & Cheddar Melt** 🏠 🌾 ♡ Oven Fries, Fresh Broccoli, Fresh Apple 🍎, Chilled Fruit • **Chef Salad** ♡ 🌾 🏠, Red Pepper Rings, Fresh Apple 🍎, Chilled Fruit, Corn Muffin 🏠 • **Tuscan Sandwich Bar** 🏠 🌾, Oven Fries, Fresh Broccoli, Fresh Apple 🍎, Chilled Fruit	**7** • **Parmessan Chicken Sandwich** 🌾 🏠 • **Soft Tacos w/ Tortilla Chips** 🏠 🌾 ♡ • **Super Nacho's w/ Spanish Rice** 🌾 🏠 Easy Bean Bake, Fresh Garden Salad 🍎, Tropical Fruit, Chilled Fruit • **Fajita Chicken Salad** 🌾 ♡ 🏠, Easy Bean Bake, Tropical Fruit, Chilled Fruit, Corn Muffin 🏠 • **Hamburger Bar** 🌾, Fresh Garden Salad 🍎, Easy Bean Bake, Tropical Fruit, Chilled Fruit	**8** • **Oven Roasted Chicken** ♡ 🏠 • **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 🏠 🌾 • **Roast Turkey** 🏠 ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll 🏠 🌾	**9** • **BBQ Rib on Bun** ♡ • **Chicken & Cheese Quesadilla** ♡ 🌾 🏠 • **Meatball Sub** 🌾 🏠 Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad 🏠 🌾 • **Asian Chef Salad** ♡ 🏠, Corn, Fresh Banana, Chilled Fruit, Opaa! Hot Roll 🏠 🌾 • **All American Hot Dog Bar**, Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad 🏠 🌾	**10** • **Opaa! Pepperoni Pizza** ♡ 🏠 • **Mozzarella Dunkers w/ Marinara** ♡ 🌾 🏠 • **Beef Pizzaiola Sandwich** Fresh Garden Salad 🍎, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • **Chef Salad** ♡ 🌾 🏠, Peas, Peaches, Chilled Fruit, Fruit Muffin 🏠 🌾 • **Wrap it Up Bar** 🏠 🌾, Fresh Garden Salad 🍎, Fresh Broccoli, Baby Carrots w/ Dip, Peaches, Chilled Fruit, Tortilla Chips 🌾
13 • **Parmessan Chicken Sandwich** 🌾 🏠 • **Spaghetti w/ Italian Bread** ♡ 🌾 🏠 • **Pig in a Blanket** 🌾 🏠 Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit • **Chef Salad** ♡ 🌾 🏠, Fresh Tomatoes, Pineapple, Chilled Fruit, Opaa! Italian Bread 🏠 🌾 • **Super Sub Bar** 🏠 🌾, Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit	**14** • **Chicken Nacho's w/ White Queso and Spanish Rice** 🌾 🏠 • **Mozzarella Dunkers w/ Marinara** ♡ 🌾 🏠 • **Peanut Butter & Jelly w/ Yogurt** 🏠 🌾 ♡ 🥜 Fresh Garden Salad 🍎, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit • **Fajita Chicken Salad** 🌾 ♡ 🏠, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit, Corn Muffin 🏠 • **Sand-wedge Bar**, Fresh Garden Salad 🍎, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit	**15** • **Chicken Patty** ♡ • **Salisbury Steak** ♡ 🏠 • **Oven Roasted Chicken** ♡ 🏠 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 🏠 🌾 • **Turkey & Cheddar Melt** ♡ 🏠 🌾, Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit	**16** • **Buffalo Chicken Calzone** 🏠 🌾 • **Hamburger** ♡ 🌾 • **Italian Sub** 🌾 🏠 Sweet Potato Fries, Steamed Broccoli, Peaches, Chilled Fruit • **Asian Chef Salad** ♡ 🏠, Corn, Peaches, Chilled Fruit, Opaa! Hot Roll 🏠 🌾 • **Orient Express Bar**, Glazed Carrots, Steamed Broccoli, Peaches, Chilled Fruit, Fried Rice 🏠 🌾	**17** • **Opaa! Bacon Chicken Ranch Pizza** ♡ 🏠 • **Tuna Salad Sandwich** ♡ 🌾 🏠 • **Spicy Chicken Patty on a Bun** ♡ 🌾 Spinach Salad, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit • **Chef Salad** ♡ 🌾 🏠, Red Pepper Rings, Fresh Apple 🍎, Chilled Fruit, Corn Muffin 🏠 • **Super Nacho Bar** 🏠 🌾, Spinach Salad, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit, Spanish Rice 🏠 🌾
20 • **BBQ Rib w/ Pasta Salad** 🌾 🏠 • **All American Sub** ♡ 🏠 🌾 • **Grilled Chicken w/ Opaa! WG Hot Roll** 🌾 ♡ Sweet Potato Fries, Fresh Broccoli, Fresh Orange Smiles, Chilled Fruit • **Chef Salad** ♡ 🌾 🏠, Peas, Fresh Orange Smiles, Chilled Fruit, Opaa! Hot Roll 🏠 🌾 • **Italian Pasta Bar**, Fresh Broccoli, Sweet Potato Fries, Fresh Orange Smiles, Chilled Fruit, Opaa! Hot Roll 🏠 🌾	**21** • **Chicken Nuggets w/ Bread Stick** ♡ 🌾 🏠 • **Soft Tacos w/ Tortilla Chips** 🏠 🌾 ♡ • **3 Cheese Grilled Cheese** ♡ 🌾 🏠 Easy Bean Bake, Fresh Garden Salad 🍎, Fresh Grapes, Chilled Fruit • **Fajita Chicken Salad** 🌾 ♡ 🏠, Easy Bean Bake, Fresh Grapes, Chilled Fruit, Tortilla Chips 🌾 • **South of the Border Bar** 🏠 🌾, Easy Bean Bake, Fresh Garden Salad 🍎, Fresh Grapes, Chilled Fruit, Spanish Rice 🏠 🌾	**22** • **Chicken Patty** ♡ • **Home Baked Meatloaf** ♡ 🏠 • **Roast Turkey** 🏠 ♡ 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 🏠 🌾 • **Baked Ham**, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Chilled Fruit, Opaa! Hot Roll 🏠 🌾	**23** Early Out!	**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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