BREAKFAST - MAY 2013

Lexington R-V School District | Middle 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	**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	**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	**21**	**22**	**23**	**24**
27	**28**	**29**	**30**	**31**

LUNCH - MAY 2013

Lexington R-V School District | Middle 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** • **Oven Roasted Chicken** ♡ ⌂ • **Home Baked Meatloaf** ♡ ⌂ • **Seasoned Grilled Chicken** ✳ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Salad Bar**, Opaa! Hot Roll ⌂ ✳	**2** • **Spaghetti w/ Italian Bread** ♡ ✳ ⌂ • **Pig in a Blanket** ✳ ⌂ • **California Sub** ♡ ⌂ ✳ Glazed Carrots, Fresh Broccoli, Corn, Peaches, Chilled Fruit • **Salad Bar**, Corn Muffin ⌂	**3** • **Flatbread Pizza** • **Peanut Butter & Jelly w/ Yogurt** ⌂ ✳ ♡ 🥜 • **3 Cheese Grilled Cheese** ♡ ✳ ⌂ Baby Carrots w/ Dip, Spinach Salad, Pickled Beets, Tropical Fruit, Chilled Fruit • **Salad Bar**, Corn Muffin ⌂
6	**7** • **Chicken Ring Things** ♡ • **Fish Shaped Flat Bread Cheese Melt** ♡ ✳ ⌂ • **Super Nachos** ✳ ⌂ Texas Pinto's, Fresh Garden Salad 🍎, Tropical Fruit, Chilled Fruit • **Salad Bar**, Tortilla Chips ✳	**8** • **Oven Roasted Chicken** ♡ ⌂ • **Country Fried Beef Steak** • **Chicken Patty** ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Salad Bar**, Opaa! Hot Roll ⌂ ✳	**9** • **BBQ Rib on Bun** ♡ • **Chicken & Cheese Quesadilla** ♡ ✳ ⌂ • **Meatball Sub** ✳ ⌂ Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit • **Salad Bar**, Opaa! Hot Roll ⌂ ✳	**10** • **Opaa! Cheese Pizza** ♡ ✳ ⌂ • **Mozzarella Dunkers w/ Marinara** ♡ ✳ ⌂ • **Peanut Butter & Jelly w/ Yogurt** ⌂ ✳ ♡ 🥜 Fresh Garden Salad 🍎, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • **Salad Bar**, Corn Muffin ⌂
13	**14** • **Super Nachos** ✳ ⌂ • **Peanut Butter & Jelly w/ Yogurt** ⌂ ✳ ♡ 🥜 • **Turkey Club Wrap** ♡ ✳ ⌂ Fresh Garden Salad 🍎, Fresh Broccoli, BBQ Bacon Beans, Fresh Orange Smiles, Chilled Fruit • **Salad Bar**, Tortilla Chips ✳	**15** • **Oven Roasted Chicken** ♡ ⌂ • **Salisbury Steak** ♡ ⌂ • **Roast Turkey** ⌂ ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Salad Bar**, Opaa! Hot Roll ⌂ ✳ • **Turkey & Cheddar Melt** ♡ ⌂ ✳	**16** • **Hamburger** ♡ ✳ • **Hot Dog on a Bun** ✳ Oven Fries, Fresh Tomatoes, Peaches, Chilled Fruit	**17** • **Opaa! Pepperoni Pizza** ♡ ⌂ • **Peanut Butter & Jelly w/ Yogurt** ⌂ ✳ ♡ 🥜 Green Beans, Baby Carrots w/ Dip, Fresh Apple 🍎, Chilled Fruit
20	**21**	**22**	**23**	**24**
27	**28**	**29**	**30**	**31**

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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