



BREAKFAST - MAY 2012

Lockwood R-1 School District | High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.	1	2	3	4
	7	8	9	10
14	15	16	17	18
21	22	23	24	25
28	29	30	31	KEY: = Smart Choice entree item (16 grams of fat or less) = Homemade fresh in the Opaa! kitchen = Whole Grain item = Fresh Missouri Product = Made with peanuts





LUNCH - MAY 2012

Lockwood R-1 School District | 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>Hamra Farms Farhmeier Farms Rasa Orchard</p>	<p>1</p> <ol style="list-style-type: none"> Buffalo Chicken Pizza 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Steakhouse Sandwich 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Salad Bar, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting 	<p>2</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll Salad Bar, Blushing Pears 	<p>3</p> <ol style="list-style-type: none"> All American Hot Dog ♡, 3 Cheese Mac & Cheese 🌿, Peas, Peaches, Cowboy Cookie Meatloaf ♡ 🏠, 3 Cheese Mac & Cheese 🌿, Peas, Peaches, Cowboy Cookie Salad Bar, Peaches, Cowboy Cookie 	<p>4 Cinco De Mayo</p> <ol style="list-style-type: none"> Crispy Beef Fajita 🌿 🏠, Fresh Garden Salad ♡, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Chicken Nacho's w/ White Queso 🏠, Fresh Garden Salad ♡, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Salad Bar, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie
<p>7</p> <ol style="list-style-type: none"> Chicken Tenders ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🌿 Corn Dog ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🌿 Salad Bar, Rosy Applesauce, Cinnamon Delight Cookie 🌿 	<p>8</p> <ol style="list-style-type: none"> Cheeseburger ♡ 🌿, Fresh Garden Salad ♡, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Crispy Tacos ♡ 🌿 🏠, Fresh Garden Salad ♡, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Salad Bar, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello 	<p>9</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🌿 BBQ Rib ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🌿 Salad Bar, Fresh Orange Smiles 	<p>10</p> <ol style="list-style-type: none"> Monte Cristo Sandwich 🌿 🏠, Green Beans, Chilled Pears, Apple Crisp Spaghetti & Meatballs w/ WG Bread Sticks 🌿 ♡ 🏠, Green Beans, Chilled Pears, Apple Crisp Salad Bar, Chilled Pears, Apple Crisp 	<p>11</p> <ol style="list-style-type: none"> Spicy Chicken Patty on a Bun ♡ 🌿, Broccoli, Peaches, PB Monster Cookie 🌿 Bacon Chicken Ranch Pizza ♡ 🏠, Broccoli, Peaches, PB Monster Cookie 🌿 Salad Bar, Peaches, PB Monster Cookie 🌿
<p>14</p> <ol style="list-style-type: none"> Meatball Sub 🌿 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie Sloppy Joe ♡ 🌿 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie Salad Bar, Fresh Orange Smiles, Ranger Cookie 	<p>15</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich 🏠 🌿 ♡, Fresh Garden Salad ♡, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie Turkey & Cheddar Melt ♡ 🌿 🏠, Fresh Garden Salad ♡, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie Salad Bar, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie 	<p>16</p>	<p>17</p>	<p>18</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>KEY:</p> <ul style="list-style-type: none"> ♡ = Smart Choice entree item (16 grams of fat or less) 🏠 = Homemade fresh in the Opaa! kitchen 🌿 = Whole Grain item 🍏 = Fresh Missouri Product 🌿 = Made with peanuts

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.

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