



# BREAKFAST - MAY 2012

Maries County R-II School District | Bland Middle 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>Waffles</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>3</b></p> <ol style="list-style-type: none"> <li><b>Scrambled Eggs</b> 🏠, Hash Brown Patty, Fresh Fruit, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Toast 🌾, Fresh Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Cinnamon Toast 🌾, Fresh Fruit, Milk</li> </ol>	<p><b>4</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>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>, WG Toast &amp; Jelly 🌾🍪, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, WG Toast &amp; Jelly 🌾🍪, Chilled Fruit, Milk</li> </ol>	<p><b>10</b></p> <ol style="list-style-type: none"> <li><b>Ham &amp; Cheese Biscuit</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>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>, WG Toast &amp; Jelly 🌾🍪, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, WG Toast &amp; Jelly 🌾🍪, Chilled Fruit, Milk</li> </ol>	<p><b>17</b></p> <ol style="list-style-type: none"> <li><b>Scrambled Eggs</b> 🏠, Hash Brown Patty, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Toast 🌾, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾🏠, Cinnamon Toast 🌾, 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> <p><b>Early Out!</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> <p><b>School's Out</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</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

Maries County R-II School District | Bland Middle 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>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🍷, 🍏, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting</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>Caesar Chef Salad w/ WG Hot Roll</b> 🍷, 🍏, Blushing Pears</li> </ol>	<p><b>3</b></p> <ol style="list-style-type: none"> <li><b>All American Hot Dog</b> 🍷, Peas, Peaches, Cowboy Cookie</li> <li><b>Country Fried Beef Steak</b>, Peas, Peaches, Cowboy Cookie</li> <li><b>Cobb Chef w/ WG Tortilla Chips</b> 🍷, 🍏, Peaches, Cowboy Cookie</li> </ol>	<p><b>4</b></p> <ol style="list-style-type: none"> <li><b>Meatloaf</b> 🍷, 🍏, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Country Fried Beef Steak w/ White Queso</b> 🍷, 🍏, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Asian Chef Salad w/ WG Bread Stick</b> 🍷, 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie</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>Popcorn Chicken Chef Salad w/ WG Bread Sticks</b> 🍷, 🍏, Rosy Applesauce, Cinnamon Delight Cookie 🍷</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>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🍷, 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello</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>Caesar Chef Salad w/ WG Hot Roll</b> 🍷, 🍏, Fresh Orange Smiles</li> </ol>	<p><b>10</b></p> <ol style="list-style-type: none"> <li><b>Grilled Cheese</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>Cobb Chef w/ WG Tortilla Chips</b> 🍷, 🍏, Chilled Pears, Apple Crisp</li> </ol>	<p><b>11</b></p> <ol style="list-style-type: none"> <li><b>Spicy Chicken Patty on a Bun</b> 🍷, 🍏, Broccoli, Peaches, PB Monster Cookie 🍷</li> <li><b>Buffalo Chicken Pizza</b> 🍷, 🍏, Broccoli, Peaches, PB Monster Cookie 🍷</li> <li><b>Chef Salad w/ WG Bread Sticks</b> 🍷, 🍏, Peaches, PB Monster Cookie 🍷</li> </ol>
<p><b>14</b></p> <ol style="list-style-type: none"> <li><b>Meatball Sub</b> 🍷, 🍏, Corn, Fresh Orange Smiles, Ranger Cookie</li> <li><b>3 Cheese Grilled Cheese</b> 🍷, 🍏, Corn, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Popcorn Chicken Chef Salad w/ WG Bread Sticks</b> 🍷, 🍏, Fresh Orange Smiles, Ranger Cookie</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>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🍷, 🍏, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie</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>Caesar Chef Salad w/ WG Hot Roll</b> 🍷, 🍏, Fresh Melon</li> </ol>	<p><b>17</b></p> <ol style="list-style-type: none"> <li><b>Cheeseburger</b> 🍷, 🍏, Green Beans, Cinnamon Apple Slices 🍏, Cinnamon Delight Cookie 🍷</li> <li><b>Turkey Club Wrap</b> 🍷, 🍏, Green Beans, Cinnamon Apple Slices 🍏, Cinnamon Delight Cookie 🍷</li> <li><b>Cobb Chef w/ WG Tortilla Chips</b> 🍷, 🍏, Cinnamon Apple Slices 🍏, Cinnamon Delight Cookie 🍷</li> </ol>	<p><b>18</b></p> <ol style="list-style-type: none"> <li><b>Signature Pizza</b> 🍷, 🍏, Fresh Garden Veggies, Peaches, Sweet Potato Cookie</li> <li><b>Chicken Nuggets</b> 🍷, 🍏, Fresh Garden Veggies, Tropical Fruit, Sweet Potato Cookie</li> <li><b>Chef Salad w/ WG Bread Sticks</b> 🍷, 🍏, Tropical Fruit, Sweet Potato Cookie</li> </ol>
<p><b>21 Early Out!</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>Mozzarella Dunkers</b> 🍷, 🍏, Glazed Carrots, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze</li> <li><b>Popcorn Chicken Chef Salad w/ WG Bread Sticks</b> 🍷, 🍏, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze</li> </ol>	<p><b>22</b></p> <p style="text-align: center;"><b>School's Out</b></p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</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.