

BREAKFAST - MAY 2012

Moberly School District | Gratz Brown Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't forget to take the "Extreme Fruit and Vegetable Challenge" this month!</p>	<p>1</p> <ol style="list-style-type: none"> Yogurt, Cinnamon Roll 🏠, Chilled Fruit, Milk General Mills Cereal, Cinnamon Roll 🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, Cinnamon Roll 🏠, Chilled Fruit, Milk 	<p>2</p> <ol style="list-style-type: none"> Griddle Bakes 🌿, Fresh Fruit, Milk General Mills Cereal, Yogurt, Fresh Fruit, Milk Oatmeal 🌿🏠, Yogurt, Fresh Fruit, Milk 	<p>3</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk Oatmeal 🌿🏠, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk 	<p>4</p> <ol style="list-style-type: none"> Bacon Egg & Cheese Burrito 🌿🏠, Hash Brown Patty, Chilled Juice, Milk General Mills Cereal, Cinnamon Toast 🌿, Chilled Juice, Milk Oatmeal 🌿🏠, Cinnamon Toast 🌿, Chilled Juice, Milk
<p>7</p> <p>Late Start</p> <ol style="list-style-type: none"> Waffles, Orange Smiles, Milk General Mills Cereal, Fruit Streusel Muffin 🏠, Orange Smiles, Milk Oatmeal 🌿🏠, Fruit Streusel Muffin 🏠, Orange Smiles, Milk 	<p>8</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, PB Toast or Toast & Jelly 🌿, Fresh Fruit, Milk Oatmeal 🌿🏠, PB Toast or Toast & Jelly 🌿, Fresh Fruit, Milk 	<p>9</p> <p>Bike To School Day!</p> <ol style="list-style-type: none"> Sausage Pancake on Stick, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk 	<p>10</p> <ol style="list-style-type: none"> English Muffin Breakfast Melt 🏠, Hash Brown Patty, Chilled Juice, Milk General Mills Cereal, Cinnamon Toast 🌿, Chilled Juice, Milk Oatmeal 🌿🏠, Cinnamon Toast 🌿, Chilled Juice, Milk 	<p>11</p> <ol style="list-style-type: none"> Sunrise Breakfast Sandwich 🌿🏠, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk
<p>14</p> <p>Late Start</p> <ol style="list-style-type: none"> Breakfast Pizza, Cinnamon Apple Slices, Milk General Mills Cereal, Fruit Streusel Muffin 🏠, Cinnamon Apple Slices, Milk Oatmeal 🌿🏠, Fruit Streusel Muffin 🏠, Cinnamon Apple Slices, Milk 	<p>15</p> <ol style="list-style-type: none"> Colby Egg Omelet, Hash Brown Patty, PB Toast or Toast & Jelly 🌿, Milk General Mills Cereal, PB Toast or Toast & Jelly 🌿, Chilled Fruit, Milk Oatmeal 🌿🏠, PB Toast or Toast & Jelly 🌿, Chilled Fruit, Milk 	<p>16</p> <p>Early Out!</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Chilled Juice, Milk General Mills Cereal, Yogurt, Chilled Juice, Milk Oatmeal 🌿🏠, Yogurt, Chilled Juice, Milk 	<p>17</p> <p>Summer Vacation Begins!</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 Opa! kitchen 🌿 = Whole Grain item 🍏 = Fresh Missouri Product 🌿 = Made with peanuts



LUNCH - MAY 2012

Moberly School District | Gratz Brown Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Opaa! designs elementary menus to meet the nutrition targets for HealthierUS School Challenge.</p>	<p>1</p> <ol style="list-style-type: none"> Tony's Pizza ♡, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk BBQ Rib on Bun ♡, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips 🌾, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting, Milk 	<p>2</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍞, Milk Roast Turkey ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍞, Milk Caesar Chef Salad w/ WG Hot Roll 🍞, Blushing Pears, Milk 	<p>3</p> <ol style="list-style-type: none"> All American Hot Dog ♡, 3 Cheese Mac & Cheese 🍝, Peas, Peaches, Cowboy Cookie, Milk Meatloaf ♡, 3 Cheese Mac & Cheese 🍝, Peas, Peaches, Cowboy Cookie, Milk Cobb Chef w/ WG Tortilla Chips 🌾, Peaches, Cowboy Cookie, Milk 	<p>4</p> <ol style="list-style-type: none"> Super Nachos 🌾, Fresh Garden Salad 🥗, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk Crispy Beef Fajita 🌾, Fresh Garden Salad 🥗, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk Chef Salad w/ WG Bread Sticks 🍞, Fresh Orange Smiles, Ranger Cookie, Milk
<p>7</p> <p>Late Start</p> <ol style="list-style-type: none"> Chicken Tenders ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍪, Milk 	<p>8</p> <ol style="list-style-type: none"> Cheeseburger ♡, Fresh Garden Salad 🥗, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk Soft Tacos ♡, Fresh Garden Salad 🥗, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips 🌾, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk 	<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 🍞, Milk Country Fried Beef Steak, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍞, Milk Chef Salad w/ WG Bread Sticks 🍞, Fresh Orange Smiles, Milk 	<p>10</p> <ol style="list-style-type: none"> Spaghetti & Meatballs w/ WG Bread Sticks 🍝, Green Beans, Chilled Pears, Apple Crisp, Milk Monte Cristo Sandwich 🍞, Green Beans, Chilled Pears, Apple Crisp, Milk Cobb Chef w/ WG Tortilla Chips 🌾, Chilled Pears, Apple Crisp, Milk 	<p>11</p> <ol style="list-style-type: none"> Tony's Pizza ♡, Broccoli, Peaches, PB Monster Cookie 🍪, Milk Popcorn Chicken ♡, Broccoli, Peaches, PB Monster Cookie 🍪, Milk Chef Salad w/ WG Bread Sticks 🍞, Peaches, PB Monster Cookie 🍪, Milk
<p>14</p> <p>Late Start</p> <ol style="list-style-type: none"> Grilled Cheese 🍞, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk 	<p>15</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich 🍞, Fresh Garden Salad 🥗, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk Super Nachos 🌾, Fresh Garden Salad 🥗, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips 🌾, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk 	<p>16 Early Out!</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍞, Milk Caesar Chef Salad w/ WG Hot Roll 🍞, Fresh Melon, Opaa! WG Hot Roll 🍞, Milk 	<p>17</p> <p>Summer Vacation Begins!</p>	<p>18</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
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MILK SERVED DAILY:



1%



skim



chocolate skim

Our menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.

Menus subject to change.