



# BREAKFAST - MAY 2012

Moberly School District | Moberly Middle School



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| <p><b>Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.</b></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>Waffle Sundae</b> 🏠, Chilled Fruit, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Yogurt, Chilled Fruit, Milk</li> </ol>   | <p><b>3</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>4</b></p> <ol style="list-style-type: none"> <li><b>Migas</b> 🌿🏠, Sweet Potato Patty 🏠, Fresh Melon 🍈, Milk</li> <li><b>General Mills Cereal</b>, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, Milk</li> </ol> |
| <p><b>7</b></p> <p><b>Late Start</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>, 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>10</b></p> <ol style="list-style-type: none"> <li><b>Bacon Egg &amp; Cheese Burrito</b> 🌿🏠, Hash Brown Patty, Chilled Fruit, 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>11</b></p> <ol style="list-style-type: none"> <li><b>Biscuits &amp; Gravy</b>, Sausage, Chilled Juice, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Juice, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Yogurt, Chilled Juice, Milk</li> </ol>   |
| <p><b>14</b></p> <p><b>Late Start</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> <p><b>Early Out!</b></p> <ol style="list-style-type: none"> <li><b>Biscuits &amp; Gravy</b>, Sausage, Chilled Juice, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Chilled Juice, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Yogurt, Chilled Juice, Milk</li> </ol> | <p><b>17</b></p> <p><b>Summer Vacation Begins!</b></p>   | <p><b>18</b></p>   |
| <p><b>21</b></p>  | <p><b>22</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 Opa! kitchen</li> <li>🌿 = Whole Grain item</li> <li>🍈 = Fresh Missouri Product</li> <li>🌿 = Made with peanuts</li> </ul>   |





# LUNCH - MAY 2012

Moberly School District | Moberly 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><br/><b>Farhmeier Farms</b><br/><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>Crispy Beef Fajita</b> 🍷, Fresh Garden Salad 🍏, Buckshot Beans, Peaches, Ranger Cookie</li> <li><b>Chicken Nacho's w/ White Queso</b> 🍷, Fresh Garden Salad 🍏, Buckshot Beans, Peaches, Ranger Cookie</li> <li><b>Cobb Chef w/ WG Tortilla Chips</b> 🍷, Peaches, Ranger Cookie</li> </ol> | <p><b>4</b></p> <p><b>MAP Field Day!!</b></p> <ol style="list-style-type: none"> <li><b>All American Hot Dog</b> 🍷, Goldfish, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie</li> </ol>   |
| <p><b>7</b> <b>Late Start</b></p> <ol style="list-style-type: none"> <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>Soft 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>Roast Pork</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>Monte Cristo Sandwich</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>Country Fried Beef Steak Sandwich</b> 🍷, Broccoli, Peaches, PB Monster Cookie 🍷</li> <li><b>Bacon Chicken Ranch 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> <b>Late Start</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>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>Meatball Sub</b> 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie</li> <li><b>3 Cheese Grilled Cheese</b> 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie</li> </ol>                   | <p><b>16</b> <b>Early Out!</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>Caesar Chef Salad w/ WG Hot Roll</b> 🍷, Fresh Melon, Opaa! WG Hot Roll 🍷</li> </ol>  | <p><b>17</b></p> <p><b>Summer Vacation Begins!</b></p>  | <p><b>18</b></p>  |
| <p><b>21</b></p>  | <p><b>22</b></p>  | <p><b>23</b></p> <p>Tuna Salad on Wheat available every Friday with listed side items of the day!</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.