



BREAKFAST - MAY 2012

Moberly School District | North Central Regional School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.</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"> Waffle Sundae 🏠, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled 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"> Migas 🌿🏠, Sweet Potato Patty 🏠, Fresh Melon 🍈, Milk General Mills Cereal, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, Milk Oatmeal 🌿🏠, Sweet Potato Patty 🏠, Cinnamon Toast 🌿, Fresh Melon 🍈, 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"> Sunrise Breakfast Sandwich 🌿🏠, Chilled Fruit, Milk General Mills Cereal, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, PB Toast or Toast & Jelly 🌿🏠, Chilled Fruit, Milk 	<p>9</p> <ol style="list-style-type: none"> Sausage Pancake on Stick, Fresh Fruit, Milk General Mills Cereal, Yogurt, Fresh Fruit, Milk Oatmeal 🌿🏠, Yogurt, Fresh Fruit, Milk 	<p>10</p> <ol style="list-style-type: none"> Bacon Egg & Cheese Burrito 🌿🏠, Hash Brown Patty, Chilled Fruit, Milk General Mills Cereal, Cinnamon Toast 🌿, Chilled Fruit, Milk Oatmeal 🌿🏠, Cinnamon Toast 🌿, Chilled Fruit, Milk 	<p>11</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>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 Opaal kitchen 🌿 = Whole Grain item 🍈 = Fresh Missouri Product 🌿 = Made with peanuts





LUNCH - MAY 2012

Moberly School District | North Central Regional 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 Popcorn Chicken Chef Salad w/ WG Bread Sticks 🌿, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Peanut Butter & Jelly on WG 🌿, Fresh Garden Veggies, 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 🌿 Peanut Butter & Jelly on WG 🌿, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🌿 Caesar Chef Salad w/ WG Hot Roll 🌿, 🏠, Blushing Pears 	<p>3</p> <ol style="list-style-type: none"> All American Hot Dog 🍷, 3 Cheese Mac & Cheese 🌿, Peas, Peaches, Cowboy Cookie Peanut Butter & Jelly on WG 🌿, 3 Cheese Mac & Cheese 🌿, Peas, Peaches, Cowboy Cookie Cobb Chef w/ WG Tortilla Chips 🌿, 🍷, 🏠, Peaches, Cowboy Cookie 	<p>4</p> <ol style="list-style-type: none"> Crispy Beef Fajita 🌿, 🏠, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Peanut Butter & Jelly on WG 🌿, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Asian Chef Salad w/ WG Bread Stick 🌿, 🏠, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie
<p>7 Late Start</p> <ol style="list-style-type: none"> Corn Dog 🍷, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🌿 Popcorn Chicken Chef Salad w/ WG Bread Sticks 🌿, 🍷, Rosy Applesauce, Cinnamon Delight Cookie 🌿 Peanut Butter & Jelly on WG 🌿, 🍷, Oven Fries, 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 Peanut Butter & Jelly on WG 🌿, 🍷, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Fajita Chicken Chef Salad w/ WG Tortilla Chips 🌿, 🍷, 🏠, 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 🌿 Peanut Butter & Jelly on WG 🌿, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🌿 Caesar Chef Salad w/ WG Hot Roll 🌿, 🍷, 🏠, Fresh Orange Smiles 	<p>10</p> <ol style="list-style-type: none"> Spaghetti & Meatballs w/ WG Bread Sticks 🌿, 🍷, 🏠, Green Beans, Chilled Pears, Apple Crisp Peanut Butter & Jelly on WG 🌿, 🍷, Green Beans, Chilled Pears, Apple Crisp Cobb Chef w/ WG Tortilla Chips 🌿, 🍷, 🏠, Chilled Pears, Apple Crisp 	<p>11 Bye-Bye 2012 Seniors!</p> <ol style="list-style-type: none"> BBQ Pork on Bun 🍷, 🌿, Broccoli, Peaches, PB Monster Cookie 🌿 Peanut Butter & Jelly on WG 🌿, 🍷, Broccoli, Peaches, PB Monster Cookie 🌿 Chef Salad w/ WG Bread Sticks 🌿, 🍷, 🏠, Peaches, PB Monster Cookie 🌿
<p>14 Late Start</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich 🏠, 🌿, 🍷, Fresh Garden Salad 🍏, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie Popcorn Chicken Chef Salad w/ WG Bread Sticks 🌿, 🍷, 🏠, Fresh Orange Smiles, Ranger Cookie Peanut Butter & Jelly on WG 🌿, 🍷, Fresh Garden Salad 🍏, Fresh Orange Smiles, Ranger Cookie 	<p>15</p> <ol style="list-style-type: none"> 3 Cheese Grilled Cheese 🍷, 🌿, 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie Peanut Butter & Jelly on WG 🌿, 🍷, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie Fajita Chicken Chef Salad w/ WG Tortilla Chips 🌿, 🍷, 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie 	<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 🌿 Caesar Chef Salad w/ WG Hot Roll 🌿, 🍷, 🏠, Fresh Melon, Opaa! WG Hot Roll 🌿 Peanut Butter & Jelly on WG 🌿, 🍷, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🌿 	<p>17</p> <p style="text-align: center;">Summer Vacation Begins!</p>	<p>18</p>
<p>21</p>	<p>22</p>	<p>23</p> <p style="text-align: center;">Tuna Salad on Wheat available every Friday with listed side items of the day!</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.