



# BREAKFAST - MAY 2012

Southern Boone School District | Southern Boone 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>, 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> <b>Cinco De Mayo</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> <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>Griddle Bakes</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>10</b></p> <ol style="list-style-type: none"> <li><b>English Muffin Breakfast Melt</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>11</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>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>, Yogurt, Chilled Fruit, Milk</li> <li><b>Oatmeal</b> 🌾 🏠, Yogurt, Chilled Fruit, Milk</li> </ol> | <p><b>17</b></p> <ol style="list-style-type: none"> <li><b>Caramel Apple Fruit &amp; Yogurt Parfait</b> 🏠, 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>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>No School</p>   | <p><b>22</b></p> <p>No School</p>  | <p><b>23</b></p> <p>No School</p>  | <p><b>24</b></p> <p>No School</p>   | <p><b>25</b></p> <p>No School</p>   |
| <p><b>28</b></p> <p>No School</p>   | <p><b>29</b></p> <p>No School</p>  | <p><b>30</b></p> <p>No School</p>  | <p><b>31</b></p> <p>No School</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

Southern Boone School District | Southern Boone 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>Crispy Beef Fajita</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> 🍏, 3 Cheese Mac &amp; Cheese 🌿, Peas, Peaches, Cowboy Cookie</li> <li><b>Meatloaf</b> 🍏🏠, 3 Cheese Mac &amp; Cheese 🌿, Peas, Peaches, Cowboy Cookie</li> <li><b>Cobb Chef w/ WG Tortilla Chips</b> 🌿🍏🏠, Peaches, Cowboy Cookie</li> </ol>  | <p><b>4</b> <b>Cinco De Mayo! Pizza Friday!</b></p> <ol style="list-style-type: none"> <li><b>Buffalo Chicken Pizza</b> 🏠, Fresh Garden Salad 🍏, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie</li> <li><b>Chicken Nacho's 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, Pudding</li> <li><b>Crispy Tacos</b> 🍏🏠, Fresh Garden Salad 🍏, Texas Pinto's, Fresh Grapes, Pudding</li> <li><b>Fajita Chicken Chef Salad w/ WG Tortilla Chips</b> 🌿🍏🏠, Texas Pinto's, Fresh Grapes, Pudding</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>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> <b>Pizza Friday!</b></p> <ol style="list-style-type: none"> <li><b>Bacon Chicken Ranch Pizza</b> 🍏🏠, Broccoli, Peaches, PB Monster Cookie 🌿</li> <li><b>Spicy Chicken Patty on a Bun</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>Chicken Nuggets</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>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>Biscuits &amp; Gravy</b> 🍏🏠, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍏</li> <li><b>Stuffed French Toast</b> 🌿🍏🏠, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍏</li> <li><b>Cobb Chef w/ WG Tortilla Chips</b> 🌿🍏🏠, Cinnamon Apple Slices 🍏, Cinnamon Delight Cookie 🌿</li> </ol> | <p><b>18</b> <b>Pizza Friday! Last day of school.</b></p> <ol style="list-style-type: none"> <li><b>Tony's Pizza</b> 🍏, Roasted Vegetables, Peaches, Snickerdoodle, Milk</li> </ol>   |
| <p><b>21</b></p> <p><b>Summer Vacation</b></p>   | <p><b>22</b></p> <p><b>No School</b></p>   | <p><b>23</b></p> <p><b>No School</b></p>   | <p><b>24</b></p> <p><b>No School</b></p>  | <p><b>25</b></p> <p><b>No School</b></p>  |
| <p><b>28</b></p> <p><b>No School</b></p>   | <p><b>29</b></p> <p><b>No School</b></p>   | <p><b>30</b></p> <p><b>No School</b></p>   | <p><b>31</b></p> <p><b>No School</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.

In accordance with Federal Law and U.S. Department of Agriculture policy. This institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider and employer.