

BREAKFAST - MAY 2012

Southern Boone School District | Southern Boone Primary 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"> WG Top Your Waffle 🌿🏠, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk 	<p>3</p> <ol style="list-style-type: none"> Bacon Egg & Cheese Burrito 🌿🏠, Hash Brown Patty, Fresh Fruit, Milk General Mills Cereal, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk Oatmeal 🌿🏠, Biscuit w/ Jelly 🏠, Fresh Fruit, Milk 	<p>4</p> <p>Cinco De Mayo</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Cinnamon Toast 🌿, Fresh Fruit, Milk Oatmeal 🌿🏠, Cinnamon Toast 🌿, Fresh Fruit, Milk
<p>7</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"> Gridde Bakes 🌿, 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, 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"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Yogurt, Fresh Fruit, Milk Oatmeal 🌿🏠, Yogurt, Fresh Fruit, Milk
<p>14</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> <ol style="list-style-type: none"> Stuffed French Toast 🌿🏠, Chilled Fruit, Milk General Mills Cereal, Yogurt, Chilled Fruit, Milk Oatmeal 🌿🏠, Yogurt, Chilled Fruit, Milk 	<p>17</p> <ol style="list-style-type: none"> Caramel Apple Fruit & Yogurt Parfait 🏠, Milk General Mills Cereal, Cinnamon Roll 🏠, Chilled Fruit, Milk Oatmeal 🌿🏠, Cinnamon Roll 🏠, Chilled Fruit, Milk 	<p>18</p> <p>Last Day of School!</p> <ol style="list-style-type: none"> Biscuits & Gravy, Sausage, Fresh Fruit, Milk General Mills Cereal, Yogurt, Fresh Fruit, Milk Oatmeal 🌿🏠, Yogurt, Fresh Fruit, Milk
<p>21</p> <p>Summer Vacation</p>	<p>22</p> <p>No School</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>	<p>25</p> <p>No School</p>
<p>28</p> <p>No School</p>	<p>29</p> <p>No School</p>	<p>30</p> <p>No School</p>	<p>31</p> <p>No School</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

Southern Boone School District | Southern Boone Primary 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"> Crispy Beef Fajita 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 Cheese Mac & Cheese, Peas, Peaches, Cowboy Cookie, Milk Steakhouse Sandwich Cheese Mac & Cheese, Peas, Peaches, Cowboy Cookie, Milk Cobb Chef w/ WG Tortilla Chips Peaches, Cowboy Cookie, Milk 	<p>4 Cinco De Mayo! Pizza Friday!</p> <ol style="list-style-type: none"> Tony's Pizza Fresh Garden Salad, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk Chicken Nacho's w/ White Queso 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> <ol style="list-style-type: none"> Chicken Tenders Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie, Milk Corn Dog Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie, Milk Popcorn Chicken Chef Salad w/ WG Bread Sticks Rosy Applesauce, Cinnamon Delight Cookie, Milk 	<p>8</p> <ol style="list-style-type: none"> Cheeseburger Fresh Garden Salad, Texas Pinto's, Fresh Grapes, Pudding, Milk Soft Tacos Fresh Garden Salad, Texas Pinto's, Fresh Grapes, Pudding, Milk Fajita Chicken Chef Salad w/ WG Tortilla Chips Texas Pinto's, Fresh Grapes, Pudding, 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 BBQ Rib 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"> Monte Cristo Sandwich Green Beans, Chilled Pears, Apple Crisp, Milk Spaghetti & Meatballs w/ WG Bread Sticks Green Beans, Chilled Pears, Apple Crisp, Milk Cobb Chef w/ WG Tortilla Chips Chilled Pears, Apple Crisp, Milk 	<p>11 Pizza Friday!</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> <ol style="list-style-type: none"> Chicken Nuggets Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk Grilled Cheese Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk Popcorn Chicken Chef Salad w/ WG Bread Sticks 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</p> <ol style="list-style-type: none"> Chicken Patty Mashed Potatoes w/ Gravy, Glazed Carrots, Chilled Pears, Opaa! WG Hot Roll, Milk Salisbury Steak Mashed Potatoes w/ Gravy, Glazed Carrots, Chilled Pears, Opaa! WG Hot Roll, Milk Caesar Chef Salad w/ WG Hot Roll Chilled Pears, Milk 	<p>17</p> <ol style="list-style-type: none"> Biscuits & Gravy Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices, Milk Stuffed French Toast Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices, Milk Cobb Chef w/ WG Tortilla Chips Cinnamon Apple Slices, Cinnamon Delight Cookie, Milk 	<p>18 Pizza Friday! Last Day of School!</p> <ol style="list-style-type: none"> Tony's Pizza Roasted Vegetables, Tropical Fruit, Snickerdoodle, Milk
<p>21</p> <p>Summer Vacation</p>	<p>22</p> <p>No School</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>	<p>25</p> <p>No School</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.