BREAKFAST - MAY 2013

Steelville School District | Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KEY: ♡ = Smart Choice entree item (16 grams of fat or less) ⌂ = Homemade fresh in the Opaa! kitchen = Whole Grain-Rich = Farm Fresh Product = Made with peanuts	*Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.* Partnering with us in this endeavor are the following Missouri farms: **Hamra Farms** **Farhmeier Farms** **Rasa Orchard**	**1** • **Opaa! Egg and Cheese Pizza** ⌂ , Chilled Juice • **Cereal**, Yogurt, Chilled Juice • **Oatmeal** ⌂ , Yogurt, Chilled Juice	**2** • **Breakfast Burrito w/ Salsa** ⌂ , Hash Brown Patty, Orange Smiles • **Cereal**, Toast & Jelly , Orange Smiles • **Oatmeal** ⌂ , Toast & Jelly , Orange Smiles	**3** • **Biscuits & Gravy** ⌂ , Sausage, Melon Cup • **Cereal**, Yogurt, Melon Cup • **Oatmeal** ⌂ , Yogurt, Melon Cup
6 • **French Toast Sticks** , Cinnamon Apple Slices • **Cereal**, Toast & Jelly , Cinnamon Apple Slices • **Oatmeal** ⌂ , Toast & Jelly , Cinnamon Apple Slices	**7** School's Out	**8**	**9**	**10**
13	**14**	**15**	**16**	**17**
20	**21**	**22**	**23**	**24**
27	**28**	**29**	**30**	**31**

LUNCH - MAY 2013

Steelville School District | Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KEY: ♡ = Smart Choice entree item (16 grams of fat or less) ⌂ = Homemade fresh in the Opaa! kitchen ✳ = Whole Grain-Rich 🍎 = Farm Fresh Product 🥜 = Made with peanuts	 *Opaa! designs elementary menus to meet the nutrition targets for* **HealthierUS School Challenge!**	**1** • **Chicken Patty** ♡ • **Home Baked Meatloaf** ♡ ⌂ • **Seasoned Grilled Chicken** ✳ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ ✳ • **Caesar Chef Salad** ✳ ♡ ⌂, Baby Carrots w/ Dip, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ ✳	**2** • **Spaghetti w/ Italian Bread** ♡ ✳ ⌂ • **Pig in a Blanket** ✳ ⌂ • **California Sub** ♡ ⌂ ✳ Glazed Carrots, Fresh Broccoli, Corn, Peaches, Chilled Fruit • **Asian Chef Salad** ♡ ⌂, Corn, Peaches, Chilled Fruit, Corn Muffin ⌂	**3** • **Flatbread Pizza** • **Peanut Butter & Jelly w/ Yogurt** ⌂ ✳ ♡ 🥜 • **3 Cheese Grilled Cheese** ♡ ✳ ⌂ Baby Carrots w/ Dip, Spinach Salad, Pickled Beets, Tropical Fruit, Chilled Fruit • **Chef Salad** ♡ ✳ ⌂, Red Pepper Rings, Tropical Fruit, Chilled Fruit, Corn Muffin ⌂
6 Early Out! • **Tony's Pizza** ♡ ✳ Fresh Garden Salad 🍎, Baby Carrots w/ Dip, Fresh Apple 🍎	**7** School's Out	**8**	**9**	**10**
13	**14**	**15**	**16**	**17**
20	**21**	**22**	**23**	**24**
27	**28**	**29**	**30**	**31**

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!!

Opaa! menus are created in accordance with USDA Regulation for Healthy, Hunger-Free Kids Act.
Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered daily.

• Menus subject to change. •

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