

# BREAKFAST - MAY 2012

Sullivan C-11 School District | Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't forget to take the "Extreme Fruit and Vegetable Challenge" this month!</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> <p><b>Cinco De Mayo</b></p> <ol style="list-style-type: none"> <li><b>Bacon Egg &amp; Cheese Burrito</b> 🌿🏠, Hash Brown Patty, Fresh Fruit, Milk</li> <li><b>General Mills Cereal</b>, Cinnamon Toast 🌿, Fresh Fruit, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Cinnamon Toast 🌿, Fresh Fruit, 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>Sausage Pancake on Stick</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> <ol style="list-style-type: none"> <li><b>Pancakes</b>, Orange Smiles, Milk</li> <li><b>General Mills Cereal</b>, WG Toast &amp; Jelly 🌿, Orange Smiles, Milk</li> <li><b>Oatmeal</b> 🌿🏠, WG Toast &amp; Jelly 🌿, Orange Smiles, Milk</li> </ol>	<p><b>22</b></p> <ol style="list-style-type: none"> <li><b>Bacon Egg &amp; Cheese Burrito</b> 🌿🏠, Hash Brown Patty, Milk</li> <li><b>General Mills Cereal</b>, PB Toast or Toast &amp; Jelly 🌿🏠, Chilled Juice, Milk</li> <li><b>Oatmeal</b> 🌿🏠, PB Toast or Toast &amp; Jelly 🌿🏠, Chilled Juice, Milk</li> </ol>	<p><b>23</b></p> <ol style="list-style-type: none"> <li><b>Sausage Pancake on Stick</b>, Peaches, Milk</li> <li><b>General Mills Cereal</b>, Yogurt, Peaches, Milk</li> <li><b>Oatmeal</b> 🌿🏠, Yogurt, Peaches, Milk</li> </ol>	<p><b>24</b></p> <p><b>School's Out</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>



# LUNCH - MAY 2012

Sullivan C-11 School District | Elementary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Opaa! designs elementary menus to meet the nutrition targets for HealthierUS School Challenge.</b></p>	<p><b>1</b></p> <p>1. <b>BBQ Pork on Bun</b>   , Fresh Garden Veggies, Fresh Apple , Orange Cake w/ Vanilla Frosting, Milk</p> <p>2. <b>Salad Bar</b>, Fresh Garden Veggies, Fresh Apple , Orange Cake w/ Vanilla Frosting, Milk</p>	<p><b>2</b></p> <p>1. <b>Chicken Patty</b> , Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll , Milk</p> <p>2. <b>Salad Bar</b>, Blushing Pears, Opaa! WG Hot Roll , Milk</p>	<p><b>3</b></p> <p>1. <b>Meatball Sub</b>  , 3 Cheese Mac &amp; Cheese , Peas, Peaches, Cowboy Cookie, Milk</p> <p>2. <b>Salad Bar</b>, 3 Cheese Mac &amp; Cheese , Peaches, Cowboy Cookie, Milk</p>	<p><b>4</b> <b>Cinco De Mayo!</b></p> <p>1. <b>Chicken Nacho's w/ White Queso</b>  , Fresh Garden Salad , Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk</p> <p>2. <b>Salad Bar</b>, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk</p>
<p><b>7</b></p> <p>1. <b>Chicken Tenders</b> , Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie , Milk</p> <p>2. <b>Salad Bar</b>, 1/2 PBJ Sandwich , Rosy Applesauce, Cinnamon Delight Cookie , Milk</p>	<p><b>8</b></p> <p>1. <b>Cheeseburger</b>  , Fresh Garden Salad , Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk</p> <p>2. <b>Salad Bar</b>, Mozzarella Cheese Sticks, Fresh Grapes, Razzle Dazzle Jello, Milk</p>	<p><b>9</b></p> <p>1. <b>Chicken Patty</b> , Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll , Milk</p> <p>2. <b>Salad Bar</b>, Fresh Orange Smiles, Opaa! WG Hot Roll , Milk</p>	<p><b>10</b></p> <p>1. <b>Spaghetti &amp; Meatballs w/ WG Bread Sticks</b>   , Green Beans, Chilled Pears, Apple Crisp, Milk</p> <p>2. <b>Salad Bar</b>, 1/2 PBJ Sandwich , Chilled Pears, Apple Crisp, Milk</p>	<p><b>11</b></p> <p>1. <b>Tony's Pizza</b> , Broccoli, Peaches, PB Monster Cookie , Milk</p> <p>2. <b>Salad Bar</b>, Goldfish, Peaches, PB Monster Cookie , Milk</p>
<p><b>14</b></p> <p>1. <b>Grilled Cheese</b>  , Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk</p> <p>2. <b>Salad Bar</b>, Fresh Orange Smiles, Ranger Cookie, Milk</p>	<p><b>15</b></p> <p>1. <b>Super Nachos</b>  , Fresh Garden Salad , Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</p> <p>2. <b>Salad Bar</b>, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</p>	<p><b>16</b></p> <p>1. <b>Chicken Patty</b> , Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll , Milk</p> <p>2. <b>Salad Bar</b>, Fresh Melon, Opaa! WG Hot Roll , Milk</p>	<p><b>17</b></p> <p>1. <b>French Toast</b> , Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices , Milk</p> <p>2. <b>Salad Bar</b>, Sweet Potato Puff Mix, Cinnamon Apple Slices , Cinnamon Delight Cookie , Milk</p>	<p><b>18</b></p> <p>1. <b>Chicken Nuggets</b> , Roasted Vegetables, Tropical Fruit, Sweet Potato Cookie, Milk</p> <p>2. <b>Salad Bar</b>, 1/2 PBJ Sandwich , Tropical Fruit, Sweet Potato Cookie, Milk</p>
<p><b>21</b></p> <p>1. <b>Popcorn Chicken</b> , Glazed Carrots, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze, Milk</p> <p>2. <b>Salad Bar</b>, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze, Milk</p>	<p><b>22</b></p> <p>1. <b>Spiral Pig in a Blanket</b>  , Fresh Garden Salad , Buckshot Beans, Fresh Apple , PB Chocolate Chip Cookie , Milk</p> <p>2. <b>Salad Bar</b>, Buckshot Beans, Fresh Apple , PB Chocolate Chip Cookie , Milk</p>	<p><b>23</b></p> <p>1. <b>Chicken Patty</b> , Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll , Milk</p> <p>2. <b>Salad Bar</b>, Peaches, Opaa! WG Hot Roll , Milk</p>	<p><b>24</b></p> <p><b>School's Out</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> <p> = Smart Choice entree item (16 grams of fat or less)</p> <p> = Homemade fresh in the Opaa! kitchen</p> <p> = Whole Grain item</p> <p> = Fresh Missouri Product</p> <p> = Made with peanuts</p>

## 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.