



BREAKFAST - MAY 2012

Sullivan C-11 School District | Middle 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 Cinco De Mayo</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> <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, 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"> Scrambled Eggs & Ham 🏠, 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> <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> <ol style="list-style-type: none"> Pancakes, Orange Smiles, Milk General Mills Cereal, WG Toast & Jelly 🌾, Orange Smiles, Milk Oatmeal 🌾🏠, WG Toast & Jelly 🌾, Orange Smiles, Milk | <p>22</p> <ol style="list-style-type: none"> Bacon Egg & Cheese Burrito 🌾🏠, Hash Brown Patty, Milk General Mills Cereal, PB Toast or Toast & Jelly 🌾🏠, Chilled Juice, Milk Oatmeal 🌾🏠, PB Toast or Toast & Jelly 🌾🏠, Chilled Juice, Milk | <p>23</p> <ol style="list-style-type: none"> Sausage Pancake on Stick, Peaches, Milk General Mills Cereal, Yogurt, Peaches, Milk Oatmeal 🌾🏠, Yogurt, Peaches, Milk | <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

Sullivan C-11 School District | 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>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 Steakhouse Sandwich 🏠, Fresh Garden Veggies, Fresh Apple 🍏, Orange Cake w/ Vanilla Frosting Salad Bar, 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 🍷 Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll 🍷 | <p>3</p> <ol style="list-style-type: none"> All American Hot Dog ♡, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie Meatloaf ♡ 🏠, 3 Cheese Mac & Cheese 🍷, Peas, Peaches, Cowboy Cookie Salad Bar, Peaches, Cowboy Cookie | <p>4 Cinco De Mayo</p> <ol style="list-style-type: none"> Crispy Beef Fajita 🍷 🏠, Fresh Garden Salad ♡, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Chicken Nacho's w/ White Queso 🍷 🏠, Fresh Garden Salad ♡, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie Salad Bar, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie |
| <p>7</p> <ol style="list-style-type: none"> Chicken Tenders ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷 Corn Dog ♡, Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie 🍷 Salad Bar, 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 Crispy Tacos ♡ 🏠, Fresh Garden Salad ♡, Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello Salad Bar, 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 🍷 BBQ Rib ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll 🍷 | <p>10</p> <ol style="list-style-type: none"> Monte Cristo Sandwich 🍷 🏠, Green Beans, Chilled Pears, Apple Crisp Spaghetti & Meatballs w/ WG Bread Sticks 🍷 ♡ 🏠, Green Beans, Chilled Pears, Apple Crisp Salad Bar, Chilled Pears, Apple Crisp | <p>11</p> <ol style="list-style-type: none"> Spicy Chicken Patty on a Bun ♡ 🍷, Broccoli, Peaches, PB Monster Cookie 🍷 Bacon Chicken Ranch Pizza ♡ 🏠, Broccoli, Peaches, PB Monster Cookie 🍷 Salad Bar, Peaches, PB Monster Cookie 🍷 |
| <p>14</p> <ol style="list-style-type: none"> Meatball Sub 🍷 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie 3 Cheese Grilled Cheese ♡ 🍷 🏠, Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie Salad Bar, Fresh Orange Smiles, Ranger Cookie | <p>15</p> <ol style="list-style-type: none"> BBQ Chicken Sandwich ♡ 🍷, Fresh Garden Salad ♡, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie Super Nachos 🍷 🏠, Fresh Garden Salad ♡, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie Salad Bar, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie | <p>16</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷 Salisbury Steak ♡ 🏠, Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll 🍷 | <p>17</p> <ol style="list-style-type: none"> Biscuits & Gravy ♡ 🏠, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍷 Stuffed French Toast 🍷 🏠 ♡, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍷 Salad Bar, Cinnamon Apple Slices 🍷, Cinnamon Delight Cookie 🍷 | <p>18</p> <ol style="list-style-type: none"> Signature Pizza ♡ 🏠, Roasted Vegetables, Peaches, Sweet Potato Cookie Chicken Nuggets ♡, Roasted Vegetables, Tropical Fruit, Sweet Potato Cookie Salad Bar, Tropical Fruit, Sweet Potato Cookie |
| <p>21</p> <ol style="list-style-type: none"> Popcorn Chicken ♡, Glazed Carrots, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze Asian Pork 🏠, Glazed Carrots, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze Salad Bar, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze | <p>22</p> <ol style="list-style-type: none"> Chicken Nacho's w/ White Queso 🍷 🏠, Fresh Garden Salad ♡, Buckshot Beans, Fresh Apple 🍏, PB Chocolate Chip Cookie 🍷 Spiral Pig in a Blanket 🍷 🏠, Fresh Garden Salad ♡, Buckshot Beans, Fresh Apple 🍏, PB Chocolate Chip Cookie 🍷 Salad Bar, Fresh Apple 🍏, PB Chocolate Chip Cookie 🍷 | <p>23</p> <ol style="list-style-type: none"> Chicken Patty ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll 🍷 Roast Turkey ♡ 🏠, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll 🍷 | <p>24</p> <p>No School</p> | <p>25</p> <p>No School</p> |
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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.