

BREAKFAST - MAY 2012

Sullivan C-11 School District | 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"> 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</p> <p>Cinco De Mayo</p> <ol style="list-style-type: none"> Bacon Egg & Cheese Burrito 🌿🏠, Hash Brown Patty, 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"> 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"> 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> <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>School's Out</p> | |
| <p>28</p> | <p>29</p> | <p>30</p> | <p>31</p> | <p>KEY:</p> <ul style="list-style-type: none"> ♥ = Smart Choice entree item (16 grams of fat or less) 🏠 = Homemade fresh in the Opaa! kitchen 🌿 = Whole Grain item 🍏 = Fresh Missouri Product 🌿 = Made with peanuts |



LUNCH - MAY 2012

Sullivan C-11 School District | 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> <p>1. BBQ Pork on Bun , Fresh Garden Veggies, Fresh Apple , Orange Cake w/ Vanilla Frosting, Milk</p> <p>2. Salad Bar, Fresh Garden Veggies, Fresh Apple , Orange Cake w/ Vanilla Frosting, Milk</p> | <p>2</p> <p>1. Chicken Patty , Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Opaa! WG Hot Roll , Milk</p> <p>2. Salad Bar, Blushing Pears, Opaa! WG Hot Roll , Milk</p> | <p>3</p> <p>1. Meatball Sub , 3 Cheese Mac & Cheese , Peas, Peaches, Cowboy Cookie, Milk</p> <p>2. Salad Bar, 3 Cheese Mac & Cheese , Peaches, Cowboy Cookie, Milk</p> | <p>4 Cinco De Mayo!</p> <p>1. Chicken Nacho's w/ White Queso , Fresh Garden Salad , Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk</p> <p>2. Salad Bar, Buckshot Beans, Fresh Orange Smiles, Ranger Cookie, Milk</p> |
| <p>7</p> <p>1. Chicken Tenders , Oven Fries, Rosy Applesauce, Cinnamon Delight Cookie , Milk</p> <p>2. Salad Bar, 1/2 PBJ Sandwich , Rosy Applesauce, Cinnamon Delight Cookie , Milk</p> | <p>8</p> <p>1. Cheeseburger , Fresh Garden Salad , Texas Pinto's, Fresh Grapes, Razzle Dazzle Jello, Milk</p> <p>2. Salad Bar, Mozzarella Cheese Sticks, Fresh Grapes, Razzle Dazzle Jello, Milk</p> | <p>9</p> <p>1. Chicken Patty , Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Fresh Orange Smiles, Opaa! WG Hot Roll , Milk</p> <p>2. Salad Bar, Fresh Orange Smiles, Opaa! WG Hot Roll , Milk</p> | <p>10</p> <p>1. Spaghetti & Meatballs w/ WG Bread Sticks , Green Beans, Chilled Pears, Apple Crisp, Milk</p> <p>2. Salad Bar, 1/2 PBJ Sandwich , Chilled Pears, Apple Crisp, Milk</p> | <p>11</p> <p>1. Tony's Pizza , Broccoli, Peaches, PB Monster Cookie , Milk</p> <p>2. Salad Bar, Goldfish, Peaches, PB Monster Cookie , Milk</p> |
| <p>14</p> <p>1. Grilled Cheese , Fresh Garden Veggies, Fresh Orange Smiles, Ranger Cookie, Milk</p> <p>2. Salad Bar, Fresh Orange Smiles, Ranger Cookie, Milk</p> | <p>15</p> <p>1. Super Nachos , Fresh Garden Salad , Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</p> <p>2. Salad Bar, Opaa! BBQ Bacon Beans, Blushing Pears, Amish Sugar Cookie, Milk</p> | <p>16</p> <p>1. Chicken Patty , Mashed Potatoes w/ Gravy, Glazed Carrots, Fresh Melon, Opaa! WG Hot Roll , Milk</p> <p>2. Salad Bar, Fresh Melon, Opaa! WG Hot Roll , Milk</p> | <p>17</p> <p>1. French Toast , Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices , Milk</p> <p>2. Salad Bar, Sweet Potato Puff Mix, Cinnamon Apple Slices , Cinnamon Delight Cookie , Milk</p> | <p>18</p> <p>1. Chicken Nuggets , Roasted Vegetables, Tropical Fruit, Sweet Potato Cookie, Milk</p> <p>2. Salad Bar, 1/2 PBJ Sandwich , Tropical Fruit, Sweet Potato Cookie, Milk</p> |
| <p>21</p> <p>1. Popcorn Chicken , Glazed Carrots, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze, Milk</p> <p>2. Salad Bar, Fried Rice, Fresh Orange Smiles, Wacky Cake w/ Chocolate Glaze, Milk</p> | <p>22</p> <p>1. Spiral Pig in a Blanket , Fresh Garden Salad , Buckshot Beans, Fresh Apple , PB Chocolate Chip Cookie , Milk</p> <p>2. Salad Bar, Buckshot Beans, Fresh Apple , PB Chocolate Chip Cookie , Milk</p> | <p>23</p> <p>1. Chicken Patty , Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Peaches, Opaa! WG Hot Roll , Milk</p> <p>2. Salad Bar, Peaches, Opaa! WG Hot Roll , Milk</p> | <p>24</p> <p>School's Out</p> | <p>25</p> |
| <p>28</p> | <p>29</p> | <p>30</p> | <p>31</p> | <p>KEY:</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.