BREAKFAST - MAY 2013

West Plains R-VII School District | High 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** • **Colby Egg Omelet**, Cinnamon Toast , Potato Rounds, Peaches • **Cereal**, Cinnamon Toast , Peaches • **Oatmeal** ⌂ , Cinnamon Toast , Peaches	**8** • **Sausage Pancake on Stick**, Banana • **Cereal**, Yogurt, Banana • **Oatmeal** ⌂ , Yogurt, Banana	**9** • **Pancake Griddle Sandwich** ⌂ , Chilled Pears • **Cereal**, Toast & Jelly , Chilled Pears • **Oatmeal** ⌂ , Toast & Jelly , Chilled Pears	**10** • **Biscuits & Gravy** ⌂ , Sausage, Chilled Juice • **Cereal**, Yogurt, Chilled Juice • **Oatmeal** ⌂ , Yogurt, Chilled Juice
13 • **Pancakes** , Orange Smiles • **Cereal**, Cinnamon Toast , Orange Smiles • **Oatmeal** ⌂ , Cinnamon Toast , Orange Smiles	**14** • **Breakfast Burrito w/ Salsa** ⌂ , Hash Brown Patty, Chilled Juice • **Cereal**, Cinnamon Streusel Coffee Cake ⌂ , Chilled Juice • **Oatmeal** ⌂ , Cinnamon Streusel Coffee Cake ⌂ , Chilled Juice	**15** • **Breakfast Pizza**, Cinnamon Apple Slices • **Cereal**, Yogurt, Cinnamon Apple Slices • **Oatmeal** ⌂ , Yogurt, Cinnamon Apple Slices	**16** • **Fruit & Yogurt Parfait** ⌂ , Cinnamon Streusel Coffee Cake ⌂ , Peaches • **Cereal**, Cinnamon Streusel Coffee Cake ⌂ , Peaches • **Oatmeal** ⌂ , Cinnamon Streusel Coffee Cake ⌂ , Peaches	**17** School's Out
20	**21**	**22**	**23**	**24**
27	**28**	**29**	**30**	**31**

LUNCH - MAY 2013

West Plains R-VII School District | High 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** ♡ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ • **Salad Bar** • **Turkey & Cheddar Melt** ♡ ⌂, Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit	**2** • **Lasagna w/ WG Italian Bread** ♡ ⌂ • **Pig in a Blanket** ⌂ Glazed Carrots, Spinach Salad, Peaches, Chilled Fruit • **Salad Bar** • **Hamburger Bar**, Glazed Carrots, Peaches, Chilled Fruit	**3** • **Flatbread Pizza** • **Spicy Chicken Patty on a Bun** ♡ Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit, Pasta Salad ⌂ • **Salad Bar** • **Smokin BBQ Bar** ⌂, Spinach Salad, Baby Carrots w/ Dip, Fresh Tomatoes, Tropical Fruit, Chilled Fruit
6 • **Corn Dog** ♡ • **Grilled Chicken w/ Opaa! WG Hot Roll** ♡ Oven Fries, Fresh Broccoli, Fresh Apple, Chilled Fruit • **Salad Bar** • **Tuscan Sandwich Bar** ⌂, Oven Fries, Fresh Broccoli, Fresh Apple, Chilled Fruit	**7** • **Soft Tacos w/ Tortilla Chips** ⌂ ♡ • **Super Nacho's w/ Spanish Rice** ⌂ Easy Bean Bake, Fresh Garden Salad, Tropical Fruit, Chilled Fruit • **Salad Bar** • **Hamburger Bar**, Fresh Garden Salad, Easy Bean Bake, Tropical Fruit, Chilled Fruit	**8** • **Oven Roasted Chicken** ♡ ⌂ • **Chicken Patty** ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ • **Salad Bar** • **Roast Turkey** ⌂ ♡, Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂	**9** • **BBQ Rib on Bun** ♡ • **Chicken & Cheese Quesadilla** ♡ ⌂ Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad ⌂ • **Salad Bar** • **All American Hot Dog Bar**, Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit, Pasta Salad ⌂	**10** • **Opaa! Pepperoni Pizza** ♡ ⌂ • **Mozzarella Dunkers w/ Marinara** ♡ ⌂ Fresh Garden Salad, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • **Salad Bar** • **Wrap it Up Bar** ⌂, Fresh Garden Salad, Fresh Broccoli, Baby Carrots w/ Dip, Peaches, Chilled Fruit, Tortilla Chips
13 • **Parmessan Chicken Sandwich** ⌂ • **Spaghetti w/ Italian Bread** ♡ ⌂ Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit • **Salad Bar** • **Super Sub Bar** ⌂, Oven Fries, Fresh Tomatoes, Pineapple, Chilled Fruit	**14** • **Chicken Nacho's w/ White Queso and Spanish Rice** ⌂ • **Mozzarella Dunkers w/ Marinara** ♡ ⌂ Fresh Garden Salad, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit • **Salad Bar** • **Sand-wedge Bar**, Fresh Garden Salad, Texas Pinto's, Fresh Orange Smiles, Chilled Fruit	**15** • **Chicken Patty** ♡ • **Oven Roasted Chicken** ♡ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ • **Salad Bar** • **Turkey & Cheddar Melt** ♡ ⌂, Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit	**16** Early Out! • **Hamburger** ♡ • **Italian Sub** ⌂ Sweet Potato Fries, Steamed Broccoli, Peaches, Chilled Fruit • **Salad Bar** • **Orient Express Bar**, Glazed Carrots, Steamed Broccoli, Peaches, Chilled Fruit, Fried Rice ⌂	**17** School's Out
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. •

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382.

© Opaa!™ Food Management, Inc.