BREAKFAST - MAY 2013

West Plains R-VII 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	2	3
6	7	8	9	10
13	14	15	16	17 School's Out
20	21	22	23	24
27	28	29	30	31

LUNCH - MAY 2013

West Plains R-VII 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 ♡ ⌂ Mashed Potatoes w/ Gravy, Green Beans, Fresh Grapes, Chilled Fruit, Opaa! Hot Roll ⌂ • Salad Bar	**2** • Spaghetti w/ Italian Bread ♡ ⌂ • Pig in a Blanket ⌂ Glazed Carrots, Fresh Broccoli, Corn, Peaches, Chilled Fruit • Salad Bar	**3** • Flatbread Pizza • 3 Cheese Grilled Cheese ♡ ⌂ Baby Carrots w/ Dip, Spinach Salad, Pickled Beets, Tropical Fruit, Chilled Fruit • Salad Bar
6 • Corn Dog ♡ • Sloppy Joe ♡ ⌂ Oven Fries, Fresh Broccoli, Fresh Apple, Chilled Fruit • Salad Bar	**7** • Chicken Ring Things ♡ • Super Nachos ⌂ Texas Pinto's, Fresh Garden Salad, Tropical Fruit, Chilled Fruit • Salad Bar	**8** • Oven Roasted Chicken ♡ ⌂ • Chicken Patty ♡ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ • Salad Bar	**9** • BBQ Rib on Bun ♡ • Chicken & Cheese Quesadilla ♡ ⌂ Corn, Fresh Tomatoes, Pickled Beets, Fresh Banana, Chilled Fruit • Salad Bar	**10** • Opaa! Cheese Pizza ♡ ⌂ • Mozzarella Dunkers w/ Marinara ♡ ⌂ Fresh Garden Salad, Baby Carrots w/ Dip, Fresh Broccoli, Peaches, Chilled Fruit • Salad Bar
13 • Hot Dog on a Bun • Homebaked Meatloaf ⌂ ♡ w/ Hot Roll ⌂ Steamed Broccoli, Fresh Garden Salad, Corn, Pineapple, Chilled Fruit • Salad Bar	**14** • Super Nachos ⌂ • Turkey Club Wrap ♡ ⌂ Fresh Garden Salad, Fresh Broccoli, BBQ Bacon Beans, Fresh Orange Smiles, Chilled Fruit • Salad Bar	**15** • Chicken Patty ♡ • Salisbury Steak ♡ ⌂ Mashed Potatoes w/ Gravy, Glazed Carrots, Blushing Pears, Chilled Fruit, Opaa! Hot Roll ⌂ • Salad Bar	**16** • Hamburger ♡ • 3 Cheese Grilled Cheese ♡ ⌂ Oven Fries, Fresh Tomatoes, Peaches, Chilled Fruit • Salad Bar	**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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