BREAKFAST - DECEMBER 2011

Lexington R-V 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 item** 🍎 = **Fresh Missouri 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**	**Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.**	**1** 1. **English Muffin Breakfast Melt** 🏠, Chilled Fruit, Milk 2. **General Mills Cereal**, Fruit Streusel Muffin 🏠, Chilled Fruit, Milk 3. **Oatmeal** 🌿, Fruit Streusel Muffin 🏠, Chilled Fruit, Milk	**2** 1. **Biscuits and Gravy**, Sausage, Fresh Fruit, Milk 2. **General Mills Cereal**, Yogurt, Fresh Fruit, Milk 3. **Oatmeal** 🌿, Yogurt, Fresh Fruit, Milk
5 1. **French Toast Sticks** 🌿, Orange Smiles, Milk 2. **General Mills Cereal**, PB Toast or Toast and Jelly 🥜 🌿, Orange Smiles, Milk 3. **Oatmeal** 🌿, PB Toast or Toast and Jelly 🥜 🌿, Orange Smiles, Milk	**6** 1. **Breakfast Chicken Biscuit**, Chilled Fruit, Milk 2. **General Mills Cereal**, Pumpkin Muffin 🏠, Chilled Fruit, Milk 3. **Oatmeal** 🌿, Pumpkin Muffin 🏠, Chilled Fruit, Milk	**7** 1. **Sausage Pancake on Stick**, Fresh Fruit, Milk 2. **General Mills Cereal**, Yogurt, Fresh Fruit, Milk 3. **Oatmeal** 🌿, Yogurt, Fresh Fruit, Milk	**8** 1. **Colby Egg Omelet**, Hash Brown Patty, PB Toast or Toast and Jelly 🥜 🌿, Milk 2. **General Mills Cereal**, PB Toast or Toast and Jelly 🥜 🌿, Chilled Juice, Milk 3. **Oatmeal** 🌿, PB Toast or Toast and Jelly 🥜 🌿, Chilled Juice, Milk	**9** 1. **Biscuits and Gravy**, Sausage, Fresh Fruit, Milk 2. **General Mills Cereal**, Yogurt, Fresh Fruit, Milk 3. **Oatmeal** 🌿, Yogurt, Fresh Fruit, Milk
12 1. **Pancake Griddle Sandwich** 🌿 🏠, Cinnamon Apple Slices, Milk 2. **General Mills Cereal**, PB Toast or Toast and Jelly 🥜 🌿, Cinnamon Apple Slices, Milk 3. **Oatmeal** 🌿, PB Toast or Toast and Jelly 🥜 🌿, Cinnamon Apple Slices, Milk	**13** 1. **Bacon Egg and Cheese Burrito** 🌿 🏠, Hash Brown Patty, Milk 2. **General Mills Cereal**, Fruit Streusel Muffin 🏠, Chilled Juice, Milk 3. **Oatmeal** 🌿, Fruit Streusel Muffin 🏠, Chilled Juice, Milk	**14** 1. **Breakfast Pizza**, Fresh Fruit, Milk 2. **General Mills Cereal**, Yogurt, Fresh Fruit, Milk 3. **Oatmeal** 🌿, Yogurt, Fresh Fruit, Milk	**15** 1. **Waffle Sundae** 🏠, Chilled Fruit, Milk 2. **General Mills Cereal**, Fruit Streusel Muffin 🏠, Chilled Fruit, Milk 3. **Oatmeal** 🌿, Fruit Streusel Muffin 🏠, Chilled Fruit, Milk	**16** 1. **Biscuits and Gravy**, Sausage, Chilled Fruit, Milk 2. **General Mills Cereal**, Yogurt, Chilled Fruit, Milk 3. **Oatmeal** 🌿, Yogurt, Chilled Fruit, Milk
19 1. **French Toast Sticks** 🌿, Banana Orange Mix, Milk 2. **General Mills Cereal**, PB Toast or Toast and Jelly 🥜 🌿, Banana Orange Mix, Milk 3. **Oatmeal** 🌿, PB Toast or Toast and Jelly 🥜 🌿, Banana Orange Mix, Milk	**20** 1. **Fruit and Yogurt Parfait**, Cinnamon Roll 🏠, Chilled Juice, Milk 2. **General Mills Cereal**, Cinnamon Roll 🏠, Chilled Juice, Milk 3. **Oatmeal** 🌿, Cinnamon Roll 🏠, Chilled Juice, Milk	**21** **Winter Break**	**22** **Winter Break**	**23** **Winter Break**
26	**27**	**28**	**29**	**30**

LUNCH - DECEMBER 2011

Lexington R-V 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 item** 🍎 = **Fresh Missouri 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**	**Choice of 1% milk, skim milk, and skim chocolate milk available with all meals.**	**1** 1. **All American Hot Dog** ♡, Crunchy Veggies w/ Dip, Fresh Orange Smiles, Cowboy Cookie 2. **Chicken Parmesan Sandwich** ♡ 🌿 🏠, Crunchy Veggies w/ Dip, Fresh Orange Smiles, Cowboy Cookie 3. **Salad Bar** **Pita Pizza**	**2** 1. **Buffalo Chicken Pizza** 🏠, Fresh Garden Salad 🍎, Fresh Apple 🍎, Rainbow Cake 2. **Turkey Club Wrap** ♡ 🌿 🏠, Fresh Garden Salad 🍎, Fresh Apple 🍎, Rainbow Cake 3. **Salad Bar** **Hamburger Bar**
5 1. **Spicy Chicken Patty on a Bun** ♡ 🌿, Oven Fries, Orange Pineapple Mix, Chocolate Cookie 2. **BBQ Rib on Bun** ♡, Oven Fries, Orange Pineapple Mix, Chocolate Cookie 3. **Salad Bar** **Breakfast for Lunch Bar**	**6** 1. **Chicken Nacho's w/ White Queso** 🌿 🏠, Fresh Garden Salad 🍎, Charzzo Beans, Peaches, PB Monster Cookie 🥜 2. **Ham and Cheese Calzone** ♡ 🌿 🏠, Fresh Garden Salad 🍎, Charzzo Beans, Peaches, PB Monster Cookie 🥜 3. **Salad Bar** **When in Rome Italian Bar**	**7** 1. **Chicken Patty** ♡, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Cherries, Opaa! WG Hot Roll 🌿 2. **BBQ Meatloaf** ♡ 🏠, Mashed Potatoes w/ Gravy, Broccoli Carrot Mix, Cherries, Opaa! WG Hot Roll 🌿 3. **Salad Bar**	**8** 1. **Lasagna w/WG Italian Bread** 🌿 ♡ 🏠, Green Beans, Chilled Pears, Ranger Cookie 2. **Southwest Chicken Wrap** ♡ 🌿 🏠, Green Beans, Chilled Pears, Ranger Cookie 3. **Salad Bar** **Chicken Parmesan Bar**	**9** 1. **Hamburger** ♡ 🌿, Fresh Garden Salad 🍎, Fresh Grapes, Razzle Dazzle Jello 2. **Signature Pizza** ♡ 🏠, Fresh Garden Salad 🍎, Fresh Grapes, Razzle Dazzle Jello 3. **Salad Bar** **All American Hot Dog Bar**
12 1. **Crispy Italian Chicken Sandwich** 🏠 🌿, Oven Fries, Blushing Pears, PB Chocolate Chip Cookie 🥜 2. **3 Cheese Grilled Cheese** ♡ 🌿 🏠, Oven Fries, Blushing Pears, PB Chocolate Chip Cookie 🥜 3. **Salad Bar** **Pita Pizza**	**13** 1. **Biscuits and Gravy** ♡ 🏠, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍎 2. **Waffle Sundae**, Sausage, Sweet Potato Puff Mix, Cinnamon Apple Slices 🍎 3. **Salad Bar** **Hamburger Bar**	**14** **Holiday Feast!** 1. **Roast Turkey** ♡ 🏠, Mashed Potatoes w/ Gravy, Green Beans, Apricot Cup, Opaa! WG Hot Roll 🌿 2. **Chicken Patty** ♡, Mashed Potatoes w/ Gravy, Green Beans, Apricot Cup, Opaa! WG Hot Roll 🌿 3. **Salad Bar**	**15** 1. **Mexican Quiche** 🏠, Fresh Garden Salad 🍎, Charzzo Beans, Fresh Orange Smiles, Whipped Jello 2. **Frito Pie** 🌿, Fresh Garden Salad 🍎, Charzzo Beans, Fresh Orange Smiles, Whipped Jello 3. **Salad Bar** **When in Rome Italian Bar**	**16** 1. **Signature Pizza** ♡ 🏠, Fresh Garden Veggies, Tropical Fruit, Chocolate Cookie 2. **All American Sub** ♡ 🏠 🌿, Crunchy Veggies w/ Dip, Tropical Fruit, Chocolate Cookie 3. **Salad Bar** **Taco Bar**
19 1. **Chicken Tenders** ♡, Fried Rice, Glazed Carrots, Pineapple, Poppyseed Cake 2. **Sweet and Sour Meatballs** ♡, Fried Rice, Glazed Carrots, Pineapple, Poppyseed Cake 3. **Salad Bar** **Mexican Madness**	**20** 1. **Spaghetti w/ WG Italian Bread** ♡ 🌿 🏠, Green Beans, Fresh Orange Smiles, Snowflake Sugar Cookie 2. **Chicken Caesar Wrap** ♡ 🌿 🏠, Green Beans, Fresh Orange Smiles, Snowflake Sugar Cookie 3. **Salad Bar** **Chicken Parmesan Bar**	**21** **Winter Break**	**22** **Winter Break**	**23** **Winter Break**
26	**27**	**28**	**29**	**30**

Whatever physical activity appeals to you, make it part of your daily routine. It will lift your spirits and improve your moods. Combine the exercise with healthy, fresh foods and you'll be surprised at how much better and more energetic you'll feel.

Our menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.

Menus subject to change.

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