



BREAKFAST - MAY 2017

Wood River Rural School District Wood River Rural Elementary School



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>1</p> <ul style="list-style-type: none"> • Pancakes w/ Fruit Topping, Pears, Fruit Juice • Sausage Biscuit 🍖, Pears, Fruit Juice • Cereal, Yogurt, Pears, Fruit Juice • Oatmeal Bar, Yogurt, Pears, Fruit Juice 	<p>2</p> <ul style="list-style-type: none"> • Baked Omelet, Toast & Jelly, Apple 🍏, Fruit Juice • Strawberry Shortcake Biscuits, Apple 🍏, Fruit Juice • Cereal, Toast & Jelly, Apple 🍏, Fruit Juice • Oatmeal Bar, Toast & Jelly, Apple 🍏, Fruit Juice 	<p>3</p> <ul style="list-style-type: none"> • Cinnamon Roll, Peaches, Fruit Juice • Egg & Cheese Bagel, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal Bar, Yogurt, Peaches, Fruit Juice 	<p>4</p> <ul style="list-style-type: none"> • Sausage Pancake on Stick 🍖, Pineapple, Fruit Juice • Yogurt, Fruit Streusel Muffin, Pineapple, Fruit Juice • Cereal, Cinnamon Toast, Pineapple, Fruit Juice • Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice 	<p>5 School Lunch Hero Day!</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Strawberries, Fruit Juice • Mini Pancakes, Strawberries, Fruit Juice • Cereal, Yogurt, Strawberries, Fruit Juice • Oatmeal Bar, Yogurt, Strawberries, Fruit Juice
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<p>8</p> <ul style="list-style-type: none"> • French Toast Casserole, Apple 🍏, Fruit Juice • Breakfast Pizza, Apple 🍏, Fruit Juice • Cereal, Yogurt, Apple 🍏, Fruit Juice • Oatmeal Bar, Yogurt, Apple 🍏, Fruit Juice 	<p>9</p> <ul style="list-style-type: none"> • Pancake Sausage Griddle 🍖, Peaches, Fruit Juice • Yogurt, Fruit Streusel Muffin, Peaches, Fruit Juice • Cereal, Cinnamon Toast, Peaches, Fruit Juice • Oatmeal Bar, Cinnamon Toast, Peaches, Fruit Juice 	<p>10</p> <ul style="list-style-type: none"> • Blueberry Sweet Roll w/ Lemon Glaze, Banana, Fruit Juice • Breakfast Nachos, Banana, Fruit Juice • Cereal, Yogurt, Banana, Fruit Juice • Oatmeal Bar, Yogurt, Banana, Fruit Juice 	<p>11</p> <ul style="list-style-type: none"> • Scrambled Eggs, Toast & Jelly, Grapes, Fruit Juice • Chocolate Stuffed Croissant, Grapes, Fruit Juice • Cereal, Toast & Jelly, Grapes, Fruit Juice • Oatmeal Bar, Toast & Jelly, Grapes, Fruit Juice 	<p>12</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Orange Smiles, Fruit Juice • Mini Waffles, Orange Smiles, Fruit Juice • Cereal, Yogurt, Orange Smiles, Fruit Juice • Oatmeal Bar, Yogurt, Orange Smiles, Fruit Juice
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<p>15</p> <ul style="list-style-type: none"> • Pancakes, Grapes, Fruit Juice • Sausage Biscuit 🍖, Grapes, Fruit Juice • Cereal, Yogurt, Grapes, Fruit Juice • Oatmeal Bar, Yogurt, Grapes, Fruit Juice 	<p>16</p> <ul style="list-style-type: none"> • Cheesy Ham and Egg Casserole, Toast & Jelly, Banana, Fruit Juice • Blueberry Crumb Cake, Banana, Fruit Juice • Cereal, Toast & Jelly, Banana, Fruit Juice • Oatmeal Bar, Toast & Jelly, Banana, Fruit Juice 	<p>17</p> <ul style="list-style-type: none"> • Lemon Roll, Peaches, Fruit Juice • Egg & Cheese Bagel, Peaches, Fruit Juice • Cereal, Yogurt, Peaches, Fruit Juice • Oatmeal Bar, Yogurt, Peaches, Fruit Juice 	<p>18</p> <ul style="list-style-type: none"> • Sausage Pancake on Stick 🍖, Pineapple, Fruit Juice • Yogurt, Fruit Streusel Muffin, Pineapple, Fruit Juice • Cereal, Cinnamon Toast, Pineapple, Fruit Juice • Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice 	<p>19</p> <ul style="list-style-type: none"> • Biscuits & Gravy, Sausage 🍖, Strawberries, Fruit Juice • Mini Pancakes, Strawberries, Fruit Juice • Cereal, Yogurt, Strawberries, Fruit Juice • Oatmeal Bar, Yogurt, Strawberries, Fruit Juice
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<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>
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<p>29</p>	<p>30</p>	<p>31</p>	<p style="text-align: center;">Harvest</p> <div style="text-align: center;"> </div> <p style="text-align: center;">of the Month</p>	<p>All Items Prepared Fresh Daily in the Opaa! Kitchen</p> <p>All grains offered are Whole Grain-Rich</p> <p>KEY:</p> <ul style="list-style-type: none"> 🍏 = Farm Fresh Product 🌰 = May contain peanuts 🍖 = Pork
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This institution is an equal opportunity provider.

Opaa! menus are created in accordance with
USDA Regulation for Healthy, Hunger-Free Kids Act.
 Choice of fat-free (unf avored or f avored) and unf avored low-fat milk offered daily.

• Menus subject to change. •



LUNCH - MAY 2017

Wood River Rural School District Wood River Rural Elementary School



menus.opaafood.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>1</p> <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Meatball Sub 🍖 Fresh Garden Salad, Corn, Applesauce, Fresh Fruit 🍏 • Mandarin Orange Chicken Salad, Corn, Applesauce, Fresh Fruit 🍏, Italian Bread, Corn 	<p>2</p> <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso • Beef Burrito Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏 • Taco Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏, Cornbread 	<p>3</p> <ul style="list-style-type: none"> • Chicken Patty • Roast Turkey Mashed Potatoes w/ Gravy, Glazed Carrots, Banana Orange Mix, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Glazed Carrots, Banana Orange Mix, Fresh Fruit 🍏, Hot Roll 	<p>4</p> <ul style="list-style-type: none"> • BBQ Rib on Bun 🍖 • Egg, Ham, & Cheese Sandwich 🍖 Tater Tots, Fresh Garden Salad, Peaches, Fresh Fruit 🍏 • Cobb Salad, Peaches, Fresh Fruit 🍏, Fruit Streusel Muffin 	<p>5 School Lunch Hero Day!</p> <ul style="list-style-type: none"> • Cheese Pizza • Crispy Chicken Wrap Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏 • Popcorn Chicken Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏, Fruit Streusel Muffin
<p>8</p> <ul style="list-style-type: none"> • Chicken Alfredo w/ Italian Bread • Turkey Club Wrap Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏 • Mandarin Orange Chicken Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏, Italian Bread 	<p>9</p> <ul style="list-style-type: none"> • Cheeseburger • Grilled Chicken Sandwich French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit 🍏 • Cobb Salad, Orange Pineapple Mix, Fresh Fruit 🍏, Fruit Streusel Muffin 	<p>10</p> <ul style="list-style-type: none"> • Chicken Patty • Baked Ham 🍖 Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Corn, Pears, Fresh Fruit 🍏, Hot Roll 	<p>11</p> <ul style="list-style-type: none"> • Soft Tacos • Chicken & Cheese Quesadilla Fresh Garden Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce • Taco Salad, Cowboy Beans, Fresh Fruit 🍏, Applesauce, Cornbread 	<p>12</p> <ul style="list-style-type: none"> • Pepperoni Pizza • Peanut Butter & Jelly 🍪 w/ Yogurt Baby Carrots w/ Dip, Fresh Garden Salad, Fresh Fruit 🍏, Strawberry Banana Mix • Popcorn Chicken Salad, Baby Carrots w/ Dip, Fresh Fruit 🍏, Strawberry Banana Mix, Fruit Streusel Muffin
<p>15</p> <ul style="list-style-type: none"> • Popcorn Chicken w/ Italian Bread • Pizza Grilled Cheese Sandwich Fresh Garden Salad, Steamed Broccoli, Fresh Fruit 🍏, Cinnamon Apple Slices • Mandarin Orange Chicken Salad, Steamed Broccoli, Fresh Fruit 🍏, Cinnamon Apple Slices, Italian Bread 	<p>16</p> <ul style="list-style-type: none"> • BBQ Pork on Bun 🍖 • Super Nachos Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 • Taco Salad, Refried Beans, Mandarin Oranges, Fresh Fruit 🍏, Cornbread 	<p>17</p> <ul style="list-style-type: none"> • Chicken Patty • Roasted Pork 🍖 Mashed Potatoes w/ Gravy, Green Beans, Applesauce, Fresh Fruit 🍏, Hot Roll • Strawberry Chicken Salad, Mashed Potatoes w/ Gravy, Applesauce, Fresh Fruit 🍏, Hot Roll 	<p>18</p> <ul style="list-style-type: none"> • Hot Dog • Chili w/ Cinnamon Roll Fresh Garden Salad, French Fries, Fresh Fruit 🍏, Pears • Cobb Salad, Fresh Fruit 🍏, Pears, Fruit Streusel Muffin 	<p>19</p> <ul style="list-style-type: none"> • Tony's Pizza 🍖 • Parmesan Chicken Sandwich Fresh Garden Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit 🍏 • Popcorn Chicken Salad, Roasted Vegetables, Tropical Fruit, Fresh Fruit 🍏, Fruit Streusel Muffin
<p>22 No School</p>	<p>23 No School</p>	<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>
<p>29</p>	<p>30</p>	<p>31</p>	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;"> </div> <div> <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p> </div> </div> <p style="text-align: center;">HealthierUS School Challenge!</p>	
<p>All Items Prepared Fresh Daily in the Opaa! Kitchen All grains offered are Whole Grain-Rich KEY: 🍏 = Farm Fresh Product 🍪 = May contain peanuts 🍖 = Pork</p>				

