



BREAKFAST - MAY 2017

Wood River Rural School District Wood River Rural Middle/High School



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1	2	3	4	5 School Lunch Hero Day!
<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 	<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 	<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 	<ul style="list-style-type: none"> • Sausage Pancake on Stick 🐷, Pineapple, Fruit Juice • Fruit & Yogurt Parfait, Fruit Streusel Muffin, Pineapple, Fruit Juice • Cereal, Cinnamon Toast, Pineapple, Fruit Juice • Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice 	<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

8	9	10	11 No School	12
<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 	<ul style="list-style-type: none"> • Pancake Sausage Griddle 🐷, Peaches, Fruit Juice • Fruit & Yogurt Parfait, Fruit Streusel Muffin, Peaches, Fruit Juice • Cereal, Cinnamon Toast, Peaches, Fruit Juice • Oatmeal Bar, Cinnamon Toast, Peaches, Fruit Juice 	<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 		<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

15	16	17	18	19
<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 	<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 	<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 	<ul style="list-style-type: none"> • Sausage Pancake on Stick 🐷, Pineapple, Fruit Juice • Fruit & Yogurt Parfait, Fruit Streusel Muffin, Pineapple, Fruit Juice • Cereal, Cinnamon Toast, Pineapple, Fruit Juice • Oatmeal Bar, Cinnamon Toast, Pineapple, Fruit Juice 	<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

22 No School	23 No School	24 No School	25 No School	26 No School
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29	30	31	<p>Harvest</p> <p>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> <p>🍏 = Farm Fresh Product</p> <p>🥜 = May contain peanuts</p> <p>🐷 = Pork</p>
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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 (unflavored or flavored) and unflavored low-fat milk offered daily.

• Menus subject to change. •



LUNCH - MAY 2017

Wood River Rural School District Wood River Rural Middle/High 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 🍏 • Garden Fresh Salad Bar, Applesauce, Fresh Fruit 🍏, Italian Bread 	<p>2</p> <ul style="list-style-type: none"> • Chicken Nachos w/ White Queso & Spanish Rice • Beef Burrito • Fresh Garden Salad, Texas Pintos, Mandarin Oranges, Fresh Fruit 🍏 • Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit 🍏, Cornbread 	<p>3</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Roast Turkey • Mashed Potatoes w/ Gravy, Glazed Carrots, Banana Orange Mix, Fresh Fruit 🍏, Hot Roll • Garden Fresh Salad Bar, 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 🍏 • Garden Fresh Salad Bar, Peaches, Fresh Fruit 🍏, Fruit Streusel Muffin 	<p>5 School Lunch Hero Day!</p> <ul style="list-style-type: none"> • Taco Pizza • Crispy Chicken Wrap • Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Fresh Fruit 🍏 • Garden Fresh Salad Bar, Pineapple, Fresh Fruit 🍏, Fruit Streusel Muffin
<p>8</p> <ul style="list-style-type: none"> • Chicken Alfredo w/ Garlic Bread • Turkey Club Wrap • Fresh Garden Salad, Cheesy Cauliflower Popcorn, Peaches, Fresh Fruit 🍏 • Garden Fresh Salad Bar, Peaches, Fresh Fruit 🍏, Garlic Bread 	<p>9</p> <ul style="list-style-type: none"> • Bacon Cheeseburger 🍔 • Grilled Chicken Sandwich • French Fries, Fresh Garden Salad, Orange Pineapple Mix, Fresh Fruit 🍏 • Garden Fresh Salad Bar, Orange Pineapple Mix, Fresh Fruit 🍏, Fruit Streusel Muffin 	<p>10</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Baked Ham 🍖 • Mashed Potatoes w/ Gravy, Corn, Pears, Fresh Fruit 🍏, Hot Roll • Garden Fresh Salad Bar, Pears, Fresh Fruit 🍏, Hot Roll 	<p>11 No School</p>	<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 • Garden Fresh Salad Bar, Fresh Fruit 🍏, Strawberry Banana Mix, Fruit Streusel Muffin
<p>15</p> <ul style="list-style-type: none"> • Chicken Strips w/ Italian Bread • Pizza Grilled Cheese Sandwich • Fresh Garden Salad, Steamed Broccoli, Fresh Fruit 🍏, Cinnamon Apple Slices • Garden Fresh Salad Bar, Fresh Fruit 🍏, Cinnamon Apple Slices, Italian Bread 	<p>16</p> <ul style="list-style-type: none"> • BBQ Pork on Bun 🍖 • Super Nachos w/ Spanish Rice • Refried Beans, Fresh Garden Salad, Mandarin Oranges, Fresh Fruit 🍏 • Garden Fresh Salad Bar, Mandarin Oranges, Fresh Fruit 🍏, Cornbread 	<p>17</p> <ul style="list-style-type: none"> • Chicken Patty / Spicy Chicken Patty • Roasted Pork 🍖 • Mashed Potatoes w/ Gravy, Green Beans, Applesauce, Fresh Fruit 🍏, Hot Roll • Garden Fresh Salad Bar, 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 • Garden Fresh Salad Bar, 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 🍏 • Garden Fresh Salad Bar, 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;"> <p>HealthierUS School Challenge</p> </div> <div> <p>Opaa! designs elementary menus to meet the nutrition targets for</p> <p>HealthierUS School Challenge!</p> </div> </div>	
<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 				

