



**Caruthersville
#18 School
District
MIDDLE & HIGH
SCHOOL
BREAKFAST &
LUNCH**

MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken Strips, Roasted Potato Wedges, Chilled Fruit, Chocolate Cookie, Milk</p> <p>2 Turkey Club, Roasted Potato Wedges, Chilled Fruit, Chocolate Cookie, Milk</p> <p>3 Chef Salad, Crackers, Chilled Fruit, Chocolate Cookie, Milk</p>	<p>1 Opaa! Chicken Noodle Soup, Chz Garlic Biscuit, Super Side Salad, Cinn. Apples, Turtle Pudding, Milk</p> <p>2 Hamburger, Super Side Salad, Cinn. Apples, Turtle Pudding, Milk</p> <p>3 Chef Salad, Cheese Garlic Biscuit, Cinn. Apples, Turtle Pudding, Milk</p>	<p>1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>3 Chef Turkey Salad, Opaa! Hot Roll, Fresh Fruit, Milk</p>	<p>1 Spaghetti/Meat Sauce, Italian Bread, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk</p> <p>2 Burrito, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk</p> <p>3 Chef Salad, Italian Bread, Orange Smiles, Cinnamon Delight Cookie, Milk</p>	<p>1 Signature Pizza, Super Side Salad, Fresh Apple, Monster Cookie, Milk</p> <p>2 Fish on Bun, Super Side Salad, Fresh Apple, Monster Cookie, Milk</p> <p>3 Chef Salad, Crackers, Fresh Apple, Monster Cookie, Milk</p>
<p>1 Popcorn Chicken, Seasoned Fries, Fresh Fruit, Hummingbird Cake, Milk</p> <p>2 Mozzarella Dunkers, Seasoned Fries, Fresh Fruit, Hummingbird Cake, Milk</p> <p>3 Chef Salad, Crackers, Fresh Fruit, Hummingbird Cake, Milk</p>	<p>1 Mac N Cheese w/ Ham, Italian Bread, Super Side Salad, Green Beans, Apple Wedges w/ Dip, Milk</p> <p>2 Turkey Club Sub, Super Side Salad, Green Beans, Apple Wedges w/ Dip, Milk</p> <p>3 Chef Salad, Italian Bread, Tropical Fruit, Apple Wedges w/ Dip, Milk</p>	<p>1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>2 Meatloaf, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk</p>	<p>1 Ham & Cheddar Calzone, Pasta Salad, Peaches, Amish Cookie, Milk</p> <p>2 Corn Dog, Pasta Salad, Peaches, Amish Cookie, Milk</p> <p>3 Chef Salad, Crackers, Peaches, Amish Cookie, Milk</p>	<p>1 Homemade Cheese Pizza, Super Side Salad, Orange Smiles, Choc. Cookie, Milk</p> <p>2 Southwest Chicken Wrap, Super Side Salad, Orange Smiles, Choc. Cookie, Milk</p> <p>3 Chef Salad, Crackers, Orange Smiles, Choc. Cookie, Milk</p>
<p>1 Super Nachos, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk</p> <p>2 Hot Dog, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk</p> <p>3 Chef Salad, Crackers, Rosy Applesauce, Cowboy Cookie, Milk</p>	<p>1 Italian Pasta Bake, Italian Bread, Super Side Salad, Fresh Apple, Choc. Pudding, Milk</p> <p>2 All American Sub, Super Side Salad, Fresh Apple, Choc. Pudding, Milk</p> <p>3 Chef Salad, Italian Bread, Fresh Apple, Choc. Pudding, Milk</p>	<p>1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk</p>	<p>1 Sloppy Joe, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk</p> <p>2 Catch of the Day Tuna Sandwich, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Crunchy Veggies, Tropical Fruit, Choc. Chip Cookie, Milk</p>	<p>1 Signature Pizza, Super Side Salad, Orange Smiles, Monster Cookie, Milk</p> <p>2 Three Cheese Grilled Cheese, Super Side Salad, Orange Smiles, Monster Cookie, Milk</p> <p>3 Chef Salad, Crackers, Orange Smiles, Monster Cookie, Milk</p>
<p>1 Spicy Chicken Sandwich, Baked Beans, Chilled Peas, Rainbow Cake, Milk</p> <p>2 Stromboli, Baked Beans, Chilled Peas, Rainbow Cake, Milk</p> <p>3 Chef Salad, Crackers, Chilled Peas, Rainbow Cake, Milk</p>	<p>1 Pig 'n' Blanket, Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk</p> <p>2 BBQ Pork, Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk</p> <p>3 Chef Salad, Crackers, Chilled Peaches, PB Choc. Chip Cookie, Milk</p>	<p>1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>2 Salisbury Steak, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk</p>	<p>Breakfast for Lunch!</p> <p>1 French Toast Sticks, Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk</p> <p>2 Biscuit & Gravy, Sausage, Potato Rounds, Fresh Apple Wedges, Milk</p> <p>3 Chef Salad, Crackers, Fresh Apple Wedges, Cinnamon Delight Cookie, Milk</p>	<p>1 Homemade Tomato Soup, Chz Garlic Biscuit, Super Side Salad, Chilled Fruit, Cowboy Cookie, Milk</p> <p>2 Signature Pizza, Super Side Salad, Chilled Fruit, Cowboy Cookie, Milk</p> <p>3 Chef Salad, Crackers, Chilled Fruit, Cowboy Cookie, Milk</p>
<p>1 Hamburger, Baked Fries, Fresh Apple Slices, Brownie, Milk</p> <p>2 3 Cheese Grilled Cheese, Baked Fries, Fresh Apple Slices, Brownie, Milk</p> <p>3 Chef Salad, Crackers, Fresh Apple Slices, Brownie, Milk</p>	<p>1 Burrito, Super Side Salad, Seasoned Corn, Jello, Milk</p> <p>2 Chicken Fajita Wrap, Super Side Salad, Seasoned Corn, Jello, Milk</p> <p>3 Chef Salad, Crackers, Fresh Fruit, Jello, Milk</p>	<p>1 Chicken Patty, Mashed Potatoes w/ Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Roast Turkey, Mashed Potatoes w/ Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>3 Italian Chef, Opaa! Hot Roll, Chilled Fruit, Milk</p>		

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, age, sex, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice & TDD). USDA is an equal opportunity provider and employer.

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

Milk Served Daily:

1%, Skim, & Chocolate Skim

Menus are subject to Change



Our Mission: "Make Their Day"
www.opaatfood.com