



**Gasconade Co.
R-I School
District
MIDDLE SCHOOL
BREAKFAST &
LUNCH**

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Take the Extreme Fruit and Vegetable Challenge! This month we challenge you to take a taste of fresh Pomegranates and fresh Grapefruit!</p>		<p>1 Chicken Patty 1 Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk</p> <p>2 Pork Roast Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk</p> <p>3 Caesar Chef Salad Chilled Peaches, Opaa! Hot Roll, Milk</p>	<p>1 Taco Salad 2 Black Beans Mandarin Oranges, Cowboy Cookie, Milk</p> <p>2 Italian Sub Garden Salad, Mandarin Oranges, Cowboy Cookie Milk</p> <p>3 Cobb Chef Salad Mandarin Oranges, Cowboy Cookie, Milk</p>	<p>1 Pita Pizza 3 Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>2 Parmesan Chicken Sandwich Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>3 Asian Chef Salad Fresh Apple, Rainbow Cake, Milk</p>
<p>1 Chicken Tenders 6 Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk</p> <p>2 BBQ Rib Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk</p> <p>3 Chef Salad Orange Pineapple Mix, Oatmeal Muffin, Milk</p>	<p>1 Cheeseburger 7 Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>2 Super Nacho's Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>3 Chicken Fajita Chef Salad Fresh Grapes, Jello, Milk</p>	<p>1 Chicken Patty 8 Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk</p> <p>2 Meatloaf Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk</p> <p>3 Caesar Salad Dried Cranberries, Opaa! WG Hot Roll, Milk</p>	<p>1 Chicken Alfredo w/Italian Bread, 9 Green Beans, Chilled Pears, Fruit Crisp, Milk</p> <p>2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp</p> <p>3 Cobb Salad, Chilled Pears, Fruit Crisp, Milk</p>	<p>1 Signature Pizza 10 Fresh Garden Veggies w/Dip Chilled Apricots, PB Monster Cookie, Milk</p> <p>2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Apricots, PB Monster Cookie, Milk</p> <p>3 Asian Chef Salad Chilled Apricots, PB Monster Cookie, Milk</p>
<p>1 3 Cheese Grilled Cheese 13 Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk</p> <p>2 BBQ Pork on a Bun Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk</p> <p>3 Chef Salad w/ WG Bread Stick, Blushing Pears, Cinnamon Delight Cookie, Milk</p>	<p>1 Tacos 14 Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk</p> <p>2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk</p> <p>3 Asian Chef Salad Fresh Orange Smiles, Whipped Jello, Milk</p>	<p>1 Roast Turkey 15 Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk</p> <p>2 Chicken Patty Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk</p> <p>3 Caesar Salad Dried Cherries, Opaa! Hot Roll, Milk</p>	<p>1 Biscuits and Gravy 16 Sausage, Potato Rounds Fresh Apple Slices, Milk</p> <p>2 Trix Yogurt General Mills Frudel Fresh Apple Slices, Milk</p> <p>3 Cobb Chef Salad Fresh Apple Slices, Fruit Muffin, Milk</p>	<p>1 Gilardi's WG Pizza 17 Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>2 Spicy Chicken Sandwich Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>3 Asian Chef Salad Tropical Fruit, Chocolate Cookie, Milk</p>
<p>New Item - Menu Feature! 20</p> <p>1 Sweet & Sour Shrimp Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>2 Popcorn Chicken Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>3 Chef Salad w/ WG Bread Stick, Pineapple, Snickerdoodle, Milk</p>	<p>1 Spaghetti w/ WG Bread Sticks, 21 Green Beans, Fresh Orange Smiles, Jello, Milk</p> <p>2 Pig in a Blanket Green Beans, Fresh Orange Smiles, Jello, Milk</p> <p>3 Chicken Fajita Chef Salad Fresh Orange Smiles, Jello, Milk</p>	<p>1 Chicken Patty 22 Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk</p> <p>2 Meat Loaf Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk</p> <p>3 Caesar Chef Salad Apricots, Opaa! Hot Roll, Milk</p>	<p>23</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</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
© Opaa!™ Food Management, Inc.

Menus are subject to Change



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