



**Kennett School  
District #39  
HIGH SCHOOL  
BREAKFAST  
AND LUNCH**

# SEPTEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Choices Chicken or Cheeseburger and Fries		It's CPD with Opaa! 1 <b>1 Chicken Patty</b> Mashed Potatoes w/Gravy Green Beans, Whole Grain Hot Roll, Milk <b>2 Swiss Steak</b> Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk <b>3 Potato Bar</b> Whole Grain Hot Roll Fresh Fruit, Milk	<b>1 Corn Dog</b> 2 Fresh Fruit, Broccoli Fruit Streusel Muffin Milk <b>2 Chicken Alfredo</b> Broccoli, Fresh Fruit Fruit Streusel Muffin, Milk <b>3 Chef Salad Bar</b> Fresh Fruit, Fruit Streusel Muffin, Milk	<b>1 Signature Pizza</b> 3 Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk <b>2 Chicken Strips</b> Fresh Garden Salad Tropical Fruit, PB Chocolate Chip Cookie Milk <b>3 Hot Dog Bar</b> Tropical Fruit, PB Chocolate Chip Cookie, Milk
LABOR DAY 6	<b>1 Hot Dog</b> 7 Oven Fries, Fresh Grapes Hummingbird Cake, Milk <b>2 Italian Calzone</b> Oven Fries, Fresh Grapes Hummingbird Cake, Milk <b>3 Fajita Bar</b> Fresh Grapes, Hummingbird Cake, Milk	It's CPD Day with Opaa! 8 <b>1 Chicken Patty</b> Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk <b>2 Meatloaf</b> Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk <b>3 Chef Salad Bar</b> Fresh Fruit, Whole Grain Opaa! Hot Roll, Milk	<b>1 Lasagna w/Italian Bread</b> 9 Fresh Garden Salad Green Beans Fresh Fruit Cup Milk <b>2 Pepper Jack Grilled Cheese, Fresh Garden Salad, Green Beans, Fresh Fruit Cup, Milk</b> <b>3 Potato Bar</b> Fresh Fruit Cup, Italian Bread, Milk	<b>1 Pita Pizza</b> 10 Fresh Garden Vegetables Missouri Apples Chocolate Cookie, Milk <b>2 Tuna Salad on Whole Wheat</b> Fresh Garden vegetables Missouri Apples, Chocolate Cookie, Milk <b>3 Pasta Bar</b> Fresh Missouri Apples Chocolate Cookie, Milk
<b>1 BBQ Rib</b> 13 Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk <b>2 All American Hot Dog</b> Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk <b>3 Fajita Bar</b> Fresh Apple Salad, Cowboy Cookie, Milk	It's Taco Tuesday! 14 <b>1 Taco's Your Way</b> Fresh Garden Salad Melon Wedges Whipped Jello <b>2 Italian Sub</b> Fresh Garden Salad Melon Wedges Whipped Jello, Milk <b>3 Chef Salad Bar</b> Italian Bread Fresh Melon Wedges Whipped Jello, Milk	It's CPD with Opaa! 15 <b>1 Chicken Patty</b> Mashed Potatoes w/Gravy Peas and Carrots, Whole Grain Hot Roll, Milk <b>2 Turkey</b> Mashed Potatoes w/Gravy, Peas and Carrots, Whole Grain Hot Roll, Milk <b>3 Hot Dog Bar</b> Fresh Watermelon Whole Grain Hot Roll, Milk	Breakfast for Lunch 16 <b>1 French Toast Sticks</b> Sausage, Tater Tots, Melon Wedges, Milk <b>2 Biscuits and Gravy</b> Sausage, Tater Tots Melon Wedges, Milk <b>3 Chef Salad Bar</b> Fresh Melon Wedges Pumpkin Muffin Milk	<b>1 Homemade Pizza</b> 17 Fresh Garden Salad Fresh Grapes, Monster Cookie, Milk <b>2 Tuna Salad on Whole Wheat</b> Fresh Garden Salad, Fresh Grapes, Monster Cookie, Milk <b>3 Pasta Bar</b> Fresh Grapes, Monster Cookie, Milk
<b>1 Spicy Chicken Sandwich</b> 20 Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk <b>2 Sloppy Joe</b> Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk <b>3 Fajita Bar</b> Fresh Melon, Rainbow Cake, Milk	New Menu Feature 21 <b>1 Chicken and Cheese Crispito</b> Fresh Garden Salad Fresh Missouri Apples, Jello, Milk <b>2 Ham and Cheese Calzone,</b> Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk <b>3 Chef Salad Bar</b> Fresh Missouri Apples, Jello, Milk	It's CPD with Opaa! 22 <b>1 Chicken Patty</b> Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk <b>2 Salisbury Steak</b> Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk <b>3 Pasta Bar</b> Chilled Fruit, Whole Grain Hot Rolls, Milk	<b>1 Pizza Pasta Bake</b> 23 Fresh Garden Salad Fresh Apple Slices Fruit Crisp, Milk <b>2 Mozzarella Dunkers</b> Fresh Garden Salad Fresh Apple Slices Fruit Crisp, Milk <b>3 Chef Salad Bar</b> Whole Grain Hot Roll, Fresh Apple Slices, Fruit Crisp, Milk	<b>1 Signature Pizza</b> 24 Fresh Garden Veggies Fresh Grapes, Chocolate Cookie, Milk <b>2 Soft Taco</b> Fresh Garden Veggies Fresh Grapes, Chocolate Cookie, Milk <b>3 Hot Dog Bar</b> Fresh Grapes, Chocolate Cookie, Milk
<b>1 Chicken Parmesan Sandwich</b> 27 Oven Fries Fresh Pears Brownie, Milk <b>2 Pig N' Blanket</b> Oven Fries Fresh Pears Brownie, Milk <b>3 Fajita Bar</b> Fresh Pears Brownie, Milk	<b>1 Stromboli</b> 28 Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk <b>2 Super Nacho's</b> Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk <b>3 Chef Salad Bar</b> Chilled Melon, PB Chocolate Chip Cookie, Milk	<b>1 Chicken Patty</b> 29 Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opaa! Hot Roll, Milk <b>2 BBQ Meatloaf</b> Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opaa! Hot Roll, Milk <b>3 Chef Salad Bar</b> Chilled Tropical Fruit Whole Grain Opaa! Hot Roll, Milk	<b>1 Hot Dog</b> 30 Crunchy Garden Vegetables Fresh Apple Slices Amish Sugar Cookie, Milk <b>2 Turkey Club Wrap</b> Crunchy Garden Vegetables Fresh Apple Slices Amish Sugar Cookie, Milk <b>3 Hot Dog Bar</b> Fresh Apple Slices, Whole Grain Opaa! Hot Roll, Amish Sugar Cookie, Milk	

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  
© 2006, Opaa! Food Management**

*Menus are subject to Change*



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