



Montgomery Co.
R-II School
District
HIGH SCHOOL
BREAKFAST &
LUNCH

MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Strips, Roasted Potato Wedges, Chilled Fruit, Chocolate Cookie, Milk 2 Turkey Club, Roasted Potato Wedges, Chilled Fruit, Chocolate Cookie, Milk 3 Popcorn Chicken Chef, Hot Roll, Fruit Cup, Chocolate Cookie, Milk Breakfast Bar	1 Opaa! Chicken Noodle Soup, Chz Garlic Biscuit, Super Side Salad, Cinn. Apples, Turtle Pudding, Milk 2 Cheeseburger Bar, Super Side Salad, Cinn. Apples, Turtle Pudding, Milk 3 Chef Salad, Cheese Garlic Biscuit, Cinn. Apples, Turtle Pudding, Milk Italian Pasta Bar	1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 3 Italian Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk	1 Spaghetti/Meat Sauce, Italian Bread, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk 2 Burrito, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk 3 Chef Salad, Italian Bread, Orange Smiles, Cinnamon Delight Cookie, Milk All American Hot Dog Bar	1 Signature Pizza, Super Side Salad, Fresh Apple, Peach Crisp, Milk 2 Fish on Bun, Super Side Salad, Fresh Apple, Peach Crisp, Milk 3 Chicken Caesar Chef, J & J Pretzel, Fresh Apple, Peach Crisp, Milk Baked Potato Bar
1 Spicy Snack-A-Tizers, Seasoned Fries, Fresh Fruit, Hummingbird Cake, Milk 2 Mozzarella Dunkers, Seasoned Fries, Fresh Fruit, Hummingbird Cake, Milk 3 Chicken Fajita Chef, Crackers, Fresh Fruit, Hummingbird Cake, Milk Breakfast Bar	1 Chicken Alfredo, Italian Bread, Super Side Salad, Green Beans, Apple Wedges w/ Dip, Milk 2 Bacon Turkey Club Sub, Super Side Salad, Green Beans, Apple Wedges w/ Dip, Milk 3 Chef Salad, Italian Bread, Tropical Fruit, Apple Wedges w/ Dip, Milk Cheeseburger Bar	1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 2 Meatloaf, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 3 Italian Chef, Opaa! Hot Roll, Tropical Fruit, Milk	1 Ham & Cheddar Calzone, Pasta Salad, Peaches, Amish Cookie, Milk 2 Corn Dog, Pasta Salad, Peaches, Amish Cookie, Milk 3 Chef Salad, Crackers, Peaches, Amish Cookie, Milk Jerk Chicken Sandwich Bar	12 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
1 Super Nachos, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk 2 Hot Dog Bar, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk 3 Popcorn Chicken Chef, Crackers, Rosy Applesauce, Cowboy Cookie, Milk Breakfast Bar	1 Lasagna, Italian Bread, Super Side Salad, Fresh Apple, Choc. Pudding, Milk 2 All American Sub, Super Side Salad, Fresh Apple, Choc. Pudding, Milk 3 Chef Salad, Italian Bread, Fresh Apple, Choc. Pudding, Milk Spicy Chicken Sandwich Bar	1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 3 Italian Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk	1 Cheeseburger, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk 2 Catch of the Day Tuna Sandwich, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk 3 Chef Salad, Opaa! Hot Roll, Crunchy Veggies, Tropical Fruit, Choc. Chip Cookie, Milk All American Hot Dog Bar	1 Signature Pizza, Super Side Salad, Orange Smiles, Monster Cookie, Milk 2 Three Cheese Grilled Cheese, Super Side Salad, Orange Smiles, Monster Cookie, Milk 3 Chicken Caesar Chef, J & J Pretzel, Orange Smiles, Monster Cookie, Milk Super Nachos Bar
1 Spicy Chicken Sandwich, Seasoned Fries, Chilled Pears, Wacky Cake, Milk 2 Stromboli, Seasoned Fries, Chilled Pears, Wacky Cake, Milk 3 Chicken Fajita Chef, Crackers, Chilled Pears, Wacky Cake, Milk Breakfast Bar	1 Pig 'n' Blanket, Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk 2 BBQ Pork, Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk 3 Chef Salad, Crackers, Chilled Peaches, PB Choc. Chip Cookie, Milk Cheeseburger Bar	1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 2 Salisbury Steak, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 3 Italian Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk	25 Breakfast for Lunch! 1 French Toast Sticks, Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk 2 Biscuit & Gravy, Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk 3 Chef Salad, Fruit Muffin, Fresh Apple Wedges, Cinnamon Delight Cookie, Milk Italian Pasta Bar	1 Homemade Tomato Soup, Chz Garlic Biscuit, Super Side Salad, Chilled Fruit, Apple Crisp, Milk 2 Signature Pizza, Super Side Salad, Chilled Fruit, Apple Crisp, Milk 3 Chicken Caesar Chef, J & J Pretzel, Chilled Fruit, Apple Crisp, Milk Frito Pie Bar
29	30 NO SCHOOL MARCH 29 - APRIL 2 SPRING BREAK	31	JOIN US FOR A WELLNESS & NUTRITION FAIR ON MARCH 18, 2010 AT THE HIGH SCHOOL	

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