



Southern Boone  
R-I School  
District  
MIDDLE SCHOOL  
BREAKFAST &  
LUNCH

# MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Spicy Popcorn Chicken,</b> Hot Buttered Pasta, Fruit Cup, Chocolate Cookie, Milk <b>2 Turkey Club,</b> Hot Buttered Pasta, Fruit Cup, Chocolate Cookie, Milk <b>3 Hot Ham and Cheese</b>	<b>1 Opaa! Turkey Noodle Soup,</b> 1/2 PBJ sandwich, Side Salad, Cinn. Apples, Pudding w/sprinkles, Milk <b>2 Cheeseburger,</b> Side Salad, Cinn. Apples, Pudding w/sprinkles, Milk <b>3 Crispy Chicken Strips</b>	<b>1 Chicken Patty,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>2 Roast Turkey,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>3 Pork Fritter</b>	<b>1 Spaghetti/Meat Sauce,</b> Italian Bread, Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk <b>2 Grilled Cheese,</b> Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk <b>3 Loaded Baked Potato</b>	<b>1 Signature Cheese Pizza,</b> Crunchy Veggies w/dip, Fresh Fruit, Chocolate Chip Bar, Milk <b>2 Fish on Bun,</b> Crunchy Veggies w/dip, Fresh Fruit, Chocolate Chip Bar, Milk <b>3 Corndog</b>
<b>1 Chicken Nuggets,</b> Seasoned Fries, Fresh Fruit, Rainbow Cake, Milk <b>2 Turkey Club Sandwich,</b> Seasoned Fries, Fresh Fruit, Rainbow Cake, Milk <b>3 Cheeseburger</b>	<b>1 Mac &amp; Cheese,</b> Italian Bread, Pineapple/Mandarin Cup, Steamed Peas, Oatmeal Cookie, Milk <b>2 Mozzarella Dunkers,</b> Pineapple/Mandarin Cup, Steamed Peas, Oatmeal Cookie, Milk <b>3 Popcorn Chicken</b>	<b>1 Chicken Patty,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>2 Meatloaf,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>3 Salisbury Steak</b>	<b>1 Ham &amp; Cheddar Calzone,</b> Pasta Salad, Chilled Fruit, Amish Cookie, Milk <b>2 Corn Dog,</b> Pasta Salad, Chilled Fruit, Amish Cookie, Milk <b>3 Broccoli Cheese Soup</b>	<b>1 Homemade Pizza,</b> Side Salad, Orange Smiles, Jello Cup, Milk <b>2 Southwest Turkey Wrap,</b> Side Salad, Orange Smiles, Jello Cup, Milk <b>3 Grilled Cheese Sandwich</b>
<b>1 Super Nachos,</b> Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk <b>2 Hot Diggety Dog,</b> Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk <b>3 Loaded Baked Potato</b>	<b>1 Lasaagna,</b> Italian Bread, Glazed Carrots, Fresh Fruit, Choc. Cookie, Milk <b>2 Hot Hame and Cheese,</b> Glazed Carrots, Fresh Fruit, Choc. Cookie, Milk <b>3 Chili Cheese Dog</b>	<b>1 Chicken Patty,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>2 Roast Turkey,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>3 Pork Fritter</b>	<b>1 Cheeseburger,</b> Baked Beans, Tropical Fruit, Choc. Chip Cookie, Milk <b>2 Deli Sub Sandwich,</b> Baked Beans, Tropical Fruit, Choc. Chip Cookie, Milk <b>3 BBQ Pork Sandwich</b>	<b>1 Signature Pizza,</b> Side Salad, Orange Smiles, Wacky Cake, Milk <b>2 Three Cheese Grilled Cheese,</b> Side Salad, Orange Smiles, Wacky Cake, Milk <b>3 Popcorn Chicken</b>
<b>1 Chicken Strips,</b> Seasoned Fries, Chilled Fruit, Rainbow Cake, Milk <b>2 Stromboli,</b> Seasoned Fries, Chilled Fruit, Rainbow Cake, Milk <b>3 Turkey Fajita Wrap</b>	<b>1 Corn Dog,</b> Super Side Salad, Chilled Fruit, PB Choc. Chip Cookie, Milk <b>2 BBQ Pork,</b> Super Side Salad, Chilled Fruit, PB Choc. Chip Cookie, Milk <b>3 Soft Taco</b>	<b>1 Chicken Patty,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>2 Roast Turkey,</b> Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk <b>3 Salisbury Steak</b>	Breakfast for Lunch! <b>1 French Toast Sticks,</b> Sausage Patty, Potato Rounds, Fresh Fruit, Milk <b>2 Biscuit &amp; Gravy,</b> Sausage Patty, Potato Rounds, Fresh Fruit, Milk <b>3 Deli Sub Sandwich</b>	<b>1 Chili w/1/2 PBJ sandwich,</b> Fresh veggies w/dip, Chilled Fruit, Cowboy Cookie, Milk <b>2 Signature Pizza,</b> Fresh Veggies w/dip, Chilled Fruit, Cowboy Cookie, Milk <b>3 Fish Sandwich</b>
29  ENJOY YOUR SPRING BREAK!!	30	31  BOWLED CHEF SALAD OFFERED DAILY AS 4TH CHOICE...	EAGLE PRIDE LUNCH OFFERED AS 4TH CHOICE EVERY FRIDAY....PBJ AND SIDES!!!!	26

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