

### South O'Brien School Meals August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>		23 WELCOME BACK ☺ WG Cereal WG Toast Juice/Fruit/Milk	24 WG Pancakes Juice/Fruit/Milk	25 WG Cereal WG Muffin Juice/Fruit/Milk
28 WG Cereal WG Toast Juice/Fruit/Milk	29 WG French Toast Juice/Fruit/Milk	30 WG Cereal WG Bagel Juice/Fruit/Milk	31 WG Waffles Juice/Fruit/Milk	

WG Reduced Sugar Bowl Pack Cereal choices: Cinnamon Toast Crunch, Trix, Froot Loops, Lucky Charms, Cocoa Puffs. All grains served meet the whole grain rich criteria.

Daily calorie Average: K-12 450-500 Sodium: K-5<540 6-8<600 9-12<640

Milk offered daily with meal: Skim, 1%, Fat Free Chocolate. Menu subject to change without notice

Students MUST take 3 of the 4 items offered and MUST take ½ cup fruit or juice to be a reimbursable meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH</b>		23 Welcome Back ☺ Hot Dog/WG Bun Baked Beans Salad Bar Fruits&Vegs Ketchup/Mustard/Relish Milk/Juice	24 WG Chicken Nuggets Mashed Potato/Gravy WG Bread Salad Bar Fruits&Vegs Milk/Juice	25 WG Sub Sandwich Oven Potatoes Salad Bar Fruits&Vegs Ketchup/Mayo/Pickles Milk/Juice/Cookie
28 Hamburger/WG Bun Corn/Pickle Slices Salad Bar Fruits&Vegs Ketchup/Mustard Milk/Juice	29 WG Pizza Lettuce Salad Salad Bar Fruits&Vegs Yogurt/Granola Salad Bar Fruits&Vegs Milk/Juice	30 WG Chicken Patty WG Bun Oven Potatoes Salad Bar Fruits&Vegs Ketchup/Mayo/BBQ Milk/Juice	31 Italian Dunkers Green Beans Salad Bar Fruits&Vegs Milk/Juice	

Milk offered daily with meal: Skim, 1%, Fat Free Chocolate. Students MUST have ½ cup fruit OR vegetable on their tray. Menu subject to change without notice. Second entrée charge=\$1.00

Daily Salad Bar vegetable subgroups offered: dark green, starchy, red & orange, beans & peas, other. Daily Salad Bar fruits offered: canned in light syrup or natural juice, fresh when available.

Dressings offered: Reduced Calorie Ranch & Fat Free French.

Calorie Targets: K-5=550-650, 6-8=600-700, 9-12=750-850. Sodium Targets: K-5<1230, 6-8<1360, 9-12<1420

**South O'Brien School is an equal opportunity provider and employer.**