

## South O'Brien School Meals November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>		1 Dismiss 1:30 WG Cereal/WG Frudel Fruit/Juice/Milk	2WG Breakfast Pizza Fruit/Juice/Milk	3 WG Cereal WG Donut Fruit/Juice/Milk
6 WG Cereal WG Toast Fruit/Juice/Milk	7 WG Breakfast Wrap Fruit/Juice/Milk	8 WG Cereal WG Bagel Fruit/Juice/Milk	9 WG Pancake on Stick Fruit/Juice/Milk	10 Dismiss 1:30 WG Cereal/WG Donut Fruit/Juice/Milk
13 WG Cereal WG Muffin Fruit/Juice/Milk	14 WG Waffles Fruit/Juice/Milk	15 Dismiss 1:30 WG Cereal/WG Toast Fruit/Juice/Milk	16 WG French Toast Fruit/Juice/Milk	17WG Cereal WG Donut Fruit/Juice/Milk
20 WG Cereal WG Frudel Fruit/Juice/Milk	21 WG Pancakes Fruit/Juice/Milk	22 No School	23 No School	24 No School
27 WG Cereal WG Muffin Fruit/Juice/Milk	28 WG Breakfast Pizza Fruit/Juice/Milk	29 WG Cereal WG Mini Cinn Fruit/Juice/Milk	30 WG Breakfast Wrap Fruit/Juice/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>		1 Dismiss 1:30 NEW: Flat Bread Pizza Green Beans Salad Bar Fruits & Veggies Milk/Juice	2 WG Subs Smiles Salad Bar Fruits & Veggies Milk/Juice WG Cookie	3 Nacho Supreme Cheese Sauce/Salsa Salad Bar Fruits & Veggies WG Pretzel Milk/Juice
6 Glazed Chix Breast WG Bun/Milk/Juice Salad Bar Fruits & Veggies Broc & Cheese Sidekicks	7 NEW: Tortellini Garlic Bread/Peas Salad Bar Fruits & Veggies Coffee Cake/Milk/Juice	8 Orange Chicken WG Rice/Stir Fry Veggies Salad Bar Fruits & Veggies WG Bread/Milk/Juice Johnny Pop	9 WG Spaghetti with Meat Balls/Green Bean Salad Bar Fruits & Veggies WG Bread Stick Milk/Juice	10 Dismiss 1:30 Meat Loaf Patty Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies
13 NEW: Meat Balls Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	14 NEW: Enchilada Mexican Rice/Corn Salad Bar Fruits & Veggies Milk/Juice/Dirt Cup	15 Dismiss 1:30 Tavern/WG Bun Baked Beans/Milk Salad Bar Fruits & Veggies Baked Chips/Juice	16 Turkey/Dinner Roll Mashed Potato/Gravy Green Bean Casserole Salad Bar Fruits & Veggies Milk/Juice/Dessert	17 Hot Dog/WG Bun Mac & Cheese Baked Beans Salad Bar Fruits & Veggies Milk/Juice
20 Taco Lettuce/Cheese/Salsa Salad Bar Fruits & Veggies Milk/Juice/Churro	21 Dunkers/Meat Sauce Corn/Johnny Pop Salad Bar Fruits & Veggies Milk/Juice	22 No School	23 No School  HAPPY THANKSGIVING	24 No School
27 WG Popcorn Chix Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	28 Lasagna Casserole WG French Bread Peas/Milk/Juice Salad Bar Fruits & Veggies	29 Hamburger WG Bun/Baked Beans Salad Bar Fruits & Veggies Milk/Juice/Baked Chips	30 Chili/Carrot Sticks Cinnamon Roll/Cracker Salad Bar Fruits & Veggies CheeseStick/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.**