

South O'Brien School Meals December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				1 WG Cereal WG Donut Fruit/Juice/Milk
4 WG Cereal WG Toast Fruit/Juice/Milk	5 WG Pancakes Fruit/Juice/Milk	6 Dismiss 1:30 WG Breakfast Pizza Fruit/Juice/Milk	7 WG Waffles Fruit/Juice/Milk	8 WG Cereal WG Donut Fruit/Juice/Milk
11 WG Cereal WG Muffin Fruit/Juice/Milk	12 WG French Toast Fruit/Juice/Milk	13 WG Pancake on Stick Fruit/Juice/milk	14 WG Breakfast Wrap Fruit/Juice/Milk	15 WG Cereal WG Donut Fruit/Juice/Milk
18 WG Cereal WG Bagel Fruit/Juice/Milk	19 WG Waffles Fruit/Juice/Milk	20 Dismiss 1:30 WG Breakfast Pizza Fruit/Juice/Milk	21 WG Pancakes Fruit/Juice/Milk	22 WG Cereal WG Donut Fruit/Juice/Milk
25 No School	26 No School	27 No School	28 No School	29 No School
MERRY CHRISTMAS				

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. Cereal an option DAILY

Daily calorie Average: K-12 450-500

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
LUNCH				1 Nacho Cheese Sauce/Salsa Salad Bar Fruits & Veggies Milk/Juice/WG Pretzel
4 Cheeseburger Casserole/Peas WG Bread/Milk/Juice Salad Bar Fruits & Veggies	5 Chicken Patty WG Bun/Corn Salad Bar Fruits & Veggies Milk/Juice	6 Dismiss 1:30 WG Corndog/Milk Baked Beans/Juice Salad Bar Fruits & Veggies	7 Orange Chicken WG Rice/Stir Fry Veggies Salad Bar Fruits & Veggies WG Bread/Milk/Juice	8 COOK'S CHOICE Clean out freezer day Salad Bar Fruits & Veggies Milk/Juice/Dessert
11WG PopcornChicken Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	12 Tater Tot Casserole Green Beans/WG Bread Salad Bar Fruits & Veggies Milk/Juice	13WG Sub/Soup Crackers/Carrot Sticks Salad Bar Fruits & Veggies Milk/Juice	14 Chicken Fried Steak Mashed Potato/Gravy Salad Bar Fruits & Veggies WG Bread/Milk/Juice	15 Hot Dog/WG Bun Baked Beans Salad Bar Fruits & Veggies Milk/Juice
18 Taco Lettuce/Cheese/Salsa Salad Bar Fruits & Veggies Milk/Juice/Churro	19 Christmas Meal Turkey/Potato/Gravy Roll/Cookie/Milk/Juice Salad Bar Fruits & Veggies	20 Dismiss 1:30 Tavern/WG Bun/Corn Salad Bar Fruits & Veggies BakedChips/Milk/Juice	21 Pig in a Blanket Mac & Cheese/Milk Green Beans/Juice Salad Bar Fruits & Veggies	22ChristmasChixNuggets Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies
25 No School	26 No School	27 No School	28 No School	29 No School
MERRY CHRISTMAS				

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.

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