

## South O'Brien School Meals February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Pancake on Stick Fruit/Juice/Milk	2 WG Cereal WG Donut Fruit/Juice/Milk
5 WG Cereal WG Muffin Fruit/Juice/Milk	6 WG Pancakes Fruit/Juice/Milk	7 WG Breakfast Pizza Fruit/Juice/Milk	8 WG Waffles Fruit/Juice/Milk	9 WG Cereal WG Donut Fruit/Juice/Milk
12 WG Cereal WG Toast Fruit/Juice/Milk	13 WG French Toast Fruit/Juice/Milk	14 WG Cereal Pop tart Fruit/Juice/Milk	15 WG Pancakes Fruit/Juice/Milk	16 No School Professional Development
19 No School Presidents' Day	20 WG Waffles Fruit/Juice/Milk	21 WG Wrap Fruit/Juice/Milk	22 WG French Toast Fruit/Juice/Milk	23 WG Cereal WG Donut Fruit/Juice/Milk
26 WG Cereal WG Muffin Fruit/Juice/Milk	27 WG Pancakes Fruit/Juice/Milk	28 Egg/Cheese/Biscuit Fruit/Juice/Milk		<b>BREAKFAST</b>

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
			1 WGHam&Turkey Sub Oven Potatoes Salad Bar Fruits & Veggies Milk/Juice	2 Meat Loaf Patty Mashed Potato/Gravy Salad Bar Fruits & Veggies WG Bread/Milk/Juice
5 WG Chicken Nuggets Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	6 Enchilada Mexican Rice Salad Bar Fruits & Veggies Milk/Juice/Pudding Cup	7 Dismiss 1:30 Tavern/WG Bun/Corn Salad Bar Fruits & Veggies Baked Chips/Milk/Juice	8 Tortellini/Peas Garlic Bread/Milk/Juice Salad Bar Fruits & Veggies Coffee Cake	9 Country Fried Steak Mash Potato/Gravy Salad Bar Fruits & Veggies WG Bread/Milk/Juice
12 Chicken Alfredo Mix Veggies/Milk/Juice Salad Bar Fruits & Veggies WG Garlic Bread	13 Orange Chicken WG Rice/Mixed Veggies Salad Bar Fruits & Veggies Milk/Juice/WG Bread	14 Grilled Cheese/Soup Crackers/Milk/Juice Salad Bar Fruits & Veggies Rosy Applesauce	15 Nacho Cheese Sauce/Salsa Salad Bar Fruits & Veggies WG Pretzel/Milk/Juice	16 No School Professional Development
19 No School Presidents' Day	20 Hot Dog/WG Bun Baked Beans/Juice/Milk Mac & Cheese/Cookie Salad Bar Fruits & Veggies	21 WG Pizza/Yogurt Granola/Green Beans Salad Bar Fruits & Veggies Milk/Juice	22 Chili or Chix Noodle Cinn Roll/Crackers Salad Bar Fruits & Veggies Milk/Juice/Cheese Stix	23 Italian Dunkers Corn/Milk/Juice Salad Bar Fruits & Veggies
26 Hamburger/WGBun French Fries/Milk/Juice Salad Bar Fruits & Veggies Johnny Pop	27 Taco Salad Refried Beans/Salsa Salad Bar Fruits & Veggies Milk/Juice/Churro	28 Rib Patty/WG Bread Baked Beans Salad Bar Fruits & Veggies Milk/Juice		<b>LUNCH</b>

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.**