

## South O'Brien School Meals April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Easter Break	3 WG Cereal WG Muffin Fruit/Juice/Milk	4 Dismiss 1:30 Breakfast Bar Fruit/Juice/Milk	5 WG Pancake on Stick Fruit/Juice/Milk	6 WG Cereal WG Donut Fruit/Juice/Milk
9 WG Cereal WG Toast Fruit/Juice/Milk	10 WG Pancakes Fruit/Juice/Milk	11 WG Wrap Fruit/Juice/Milk	12 WG Waffles Fruit/Juice/Milk	13 WG Cereal WG Donut Fruit/Juice/Milk
16 WG Cereal WG Pop Tart Fruit/Juice/Milk	17 WG French Toast Fruit/Juice/Milk	18 Dismiss 1:30 Breakfast Pizza Fruit/Juice/Milk	19 Egg/Cheese/Biscuit Fruit/Juice/Milk	20 WG Cereal WG Donut Fruit/Juice/Milk
23 WG Cereal WG Muffin Fruit/Juice/Milk	24 WG Waffles Fruit/Juice/Milk	25 Breakfast bar Fruit/Juice/Milk	26 WG Pancakes Fruit/Juice/Milk	27 WG Cereal WG Donut Fruit/Juice/Milk
30 WG Cereal WG Pop Tart 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
2 No School Easter Break	3 Hot Dog/WG Bun Baked Beans/Milk Mac Cheese/Juice Salad Bar Fruits & Veggies	4 Dismiss 1:30 Sub Sandwich/Milk Oven Potatoes/Juice Salad Bar Fruits & Veggies	5 Orange Chicken WG Rice/Vegs WG Bread/Milk/Juice Salad Bar Fruits & Veggies	6 Italian Dunkers Corn/Johnny Pop Milk/Juice Salad Bar Fruits & Veggies
9 Chicken Nuggets Mash Potatoes/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	10 Tortellini/Peas Garlic Bread/Milk Coffee Cake/Juice Salad Bar Fruits & Veggies	11 Pizza Witches Green Beans Milk/Juice/Johnny Pop Salad Bar Fruits & Veggies	12 Rib Shape Corn/WG Bread Milk/Juice/Baked Chips Salad Bar Fruits & Veggies	13 Nacho Cheese Sauce/Salsa Milk/Juice/WG Pretzel Salad Bar Fruits & Veggies
16 Fish Shapes/Cookie Mash Potatoes/Butter WG Bread/Milk/Juice Salad Bar Fruits & Veggies	17 Grilled Cheese Soup/Crackers/Milk Johnny Pop/Juice Salad Bar Fruits & Veggies	18 Dismiss 1:30 Tavern/WG Bun/Juice Corn/Baked Chips/Milk Salad Bar Fruits & Veggies	19 COOKS CHOICE Milk/Juice Salad Bar Fruits & Veggies	20 WG Pizza Corn/Yogurt Granola/Milk/Juice Salad Bar Fruits & Veggies
23 Chicken Patty/Bun Oven Potatoes/Milk Johnny Pop/Juice Salad Bar Fruits & Veggies	24 Taco Lettuce/Cheese/Salsa Milk/Juice/Churro Salad Bar Fruits & Veggies	25 WG Corn Dog Mac Cheese/Milk Green Beans/Juice Salad Bar Fruits & Veggies	26 BQ Pulled Pork/Bun Baked Beans Milk/Juice/Baked Chips Salad Bar Fruits & Veggies	27 Country Fried Steak Mash Potatoes/Gravy Milk/Juice/Biscuit Salad Bar Fruits & Veggies
30 Cheese Burger/Bun Oven Potatoes Milk/Juice Salad Bar Fruits & Veggies				<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.**