

South O'Brien School Meals August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23 School Begins WG Cereal/WG Toast Juice/Fruit/Milk	24 WG Cereal WG Muffin Juice/Fruit/Milk
27 WG Cereal WG Toast Juice/Fruit/Milk	28 WG French Toast Juice/Fruit/Milk	29 WG Cereal WG Muffin Juice/Fruit/Milk	30 WG Waffles Juice/Fruit/Milk	31 WG Cereal WG Toast Juice/Fruit/Milk
				BREAKFAST

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
20	21	22	23 Hot Dog/WG Bun Baked Beans Salad Bar Fruits/Vegs Milk/Juice	24 WG Sub Sandwich Oven Potatoes Salad Bar Fruit/Vegs Milk/Juice
27 Hamburger/WGBun Corn Salad Bar Fruits/Vegs Milk/Juice	28 WG Pizza Yogurt Salad Bar Fruits/Vegs Milk/Juice	29 WG Chicken Patty WG Bun/Oven Potatoes Salad bar Fruit/Vegs Milk/Juice	30 Italian Dunkers WG Cheesy Bun Salad Bar Fruits/Vegs Milk/Juice	31 WG Chicken Nugget Mashed Potatoes /Gravy WG Bread/Milk/Juice Salad Bar Fruits/Vegs
				LUNCH

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.