

## South O'Brien School Meals September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day No School	4 WG Pancakes Fruit/Juice/Milk	5 1:30 Dismissal WG Cereal/WG Toast Fruit/Juice/Milk	6 WG Breakfast Pizza Fruit/Juice/Milk	7 WG Cereal WG Donut Fruit/Juice/Milk
10 WG Cereal WG Muffin Fruit/Juice/Milk	11 WG Breakfast Wrap/Salsa Fruit/Juice/Milk	12 WG Cereal WG Toast Fruit/Juice/Milk	13 WG French Toast Fruit/Juice/Milk	14 WG Cereal WG Donut Fruit/Juice/Milk
17 WG Cereal WG Bagel Fruit/Juice/Milk	18 WG Breakfast Boat Fruit/Juice/Milk	19 1:30 Dismissal WGCereal/WGMuffin Fruit/Juice/Milk	20 WG Waffles Fruit/Juice/Milk	21 WG Cereal WG Donut Fruit/Juice/Milk
24 WG Cereal WG Mini Cinn Fruit/Juice/Milk	25 WG Pancake on a Stick Fruit/Juice/Milk	26 WG Cereal WG Bagel Fruit/Juice/Milk	27 WG BreakfastWrap Fruit/Juice/Milk	28 WG Cereal WG Donut 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
3 Labor Day No School	4 Rib Shape/WG Bread Mashed Potato/Gravy Salad Bar Fruits & Veggies Milk/Juice	5 1:30 Dismissal Tavern/WG Bun/Corn Salad Bar Fruits & Veggies Milk/Juice	6 Glazed Chix Breast WG Bun/Green Beans Salad Bar Fruits & Veggies Milk/Juice	7 Nacho Cheese Sauce/Salsa WG Pretzel/Milk/Juice Salad Bar Fruits & Veggies
10 Hamburger Baked Beans/WG Bun Salad Bar Fruits & Veggies Milk/Juice	11 Orange Chicken WG Rice/Mix Veggies WG Bread/Milk/Juice Salad Bar Fruits & Veggies	12 Italian Chix Patty WG Bun/Milk/Juice Broccoli/Cheese Sauce Salad Bar Fruits & Veggies	13 Country Fried Steak Mash Potato/Gravy WG Bun/Milk/Juice Salad Bar Fruits & Veggies	14 Taco in a Bag Lettuce/Cheese/Salsa WG Churro/Milk/Juice Salad Bar Fruits & Veggies
17 WG Popcorn Chix Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	18 WG Pizza Yogurt/Peas Salad Bar Fruits & Veggies Milk/Juice	19 1:30 Dismissal WG Sub Sandwich BakedChips/Milk/Juice Salad Bar Fruits & Veggies	20 WG Chix Patty WG Bun/Corn Salad Bar Fruits & Veggies Milk/Juice	21 WG Shrimp Shapes Green Beans/Milk WG Bread/Juice Salad Bar Fruits & Veggies
24 Hot Dog/WG Bun Baked Beans Salad Bar Fruits & Veggies Milk/Juice	25 Taco/Hard or Soft Lettuce/Cheese/Salsa WG Churro/Milk/Juice Salad Bar Fruits & Veggies	26 Meat Loaf Patty Mashed Potato/Gravy WG Bun/Milk/Juice Salad Bar Fruits & Veggies	27 WG Corn Dog Mac & Cheese Salad Bar Fruits & Veggies Milk/Juice	28 WG Chix Nuggets Mashed Potato/Gravy WG Bread/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.**