

## South O'Brien School Meals October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Cereal WG Toast Fruit/Juice/Milk	2 WG Pancake Fruit/Juice/Milk	3 1:30 Dismissal WG Cereal/WG Bagel Fruit/Juice/Milk	4 WG Breakfast Pizza Fruit/Juice/Toast	5 WG Cereal WG Muffin Fruit/Juice/Milk
8 WG Cereal WG Muffin Fruit/Juice/Milk	9 WG Waffles Fruit/Juice/Milk	10 WG Cereal WG Toast Fruit/Juice/Milk	11 WG Breakfast Wrap Fruit/Juice/Milk	12 WG Cereal WG Donut Fruit/Juice/Milk
15 WG Cereal WG Toast Fruit/Juice/Milk	16 WG French Toast Fruit/Juice/Milk	17 1:30 Dismissal WG Cereal/WG Bagel Fruit/Juice/Milk	18 WG Pancakes Fruit/Juice/Milk	19 WG Cereal WG Muffin Fruit/Juice/Milk
22 WG Cereal WG Bagel Fruit/Juice/Milk	23 WG Waffles Fruit/Juice/Milk	24 WG Cereal WG Toast Fruit/Juice/Milk	25 WG Breakfast Boat Fruit/Juice/Milk	26 No School Professional Development
29 WG Cereal WG Toast Fruit/Juice/Milk	30 WG Pancakes Fruit/Juice/Milk	31 WG Cereal WG Muffin 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 Taco Salad Lett/Cheese/Salsa/Milk Refried Beans/Juice Salad Bar Fruit & Veggies	2 WG Popcorn Chix Mashed Pots/Gravy WG Bread/Juice/Milk Salad Bar Fruit & Veg	3 1:30 Dismissal Tavern/WG Bun Corn/Milk/Juice Salad Bar Fruit & Veggies	4 Enchilada WG Rice/Mix Veggies Salad Bar Fruit & Veg Milk/Juice	5 WG Chix Patty WG Bun Smiles/Juice/Milk Salad Bar Fruit & Veg
8 Hamburger/WG Bun Baked Beans Salad Bar Fruit & Veggies Milk/Juice	9 Orange Chicken WG Rice/WG Bread Mix Veggies/Milk/Juice Salad Bar Fruit & Veggies	10 WG Sub Sandwich Oven Potatoes Salad Bar Fruit & Veggies Milk/Juice	11 Country Fried Steak Mash Pots/Gravy WG Bread/Milk/Juice Salad Bar Fruit & Veggies	12 Nacho Cheese Sauce/Salsa WG Pretzel/Juice/Milk Salad Bar Fruits & Veg
15 WG Spaghetti/Milk WG Bread Stick/Juice Green Beans Salad Bar Fruits & Veg	16 WG Chix Nuggets Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruit & Veg	17 1:30 Dismissal Hot Dog/WG Bun Corn/Milk/Juice Salad Bar Fruit & Veg	18 Italian Chix Patty WG Bun/Smiles Salad Bar Fruit & Veggies Milk/Juice	19 Taco/Milk/Juice WG Hard/Soft Shell Refried Beans/Cheese Salad Bar Fruit & Veg
22 Rib Shape Mashed Pots/Gravy WG Bread/Milk/Juice Salad Bar Fruit & Veggies	23 Pizza Casserole WG Bread/Milk/Juice Green Beans Salad Bar Fruit & Veggies	24 Glazed Chix Breast WG Bun/Milk/Juice Oven Potatoes Salad Bar Fruit & Veggies	25 Burrito Lettuce Salad Salad Bar Fruit & Veggies Milk/Juice/WG Cookie	26 No School Professional Development
29 WG Pizza Green Beans Salad Bar Fruit & Veggies Milk/Juice	30 Tater Tot Casserole Peas/WG Bread Salad Bar Fruits & Veggies Milk/Juice	31 Halloween Nuggets Mashed Pots/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veg		<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.**