

South O'Brien School Meals September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				1 WG Cereal WG Donut Fruit/Juice/Milk
4 Labor Day – No School	5 WG Pancakes Fruit/Juice/Milk	6, 1:30 Dismissal WG Cereal/WG Frudel Fruit/Juice/Milk	7 WG Breakfast Pizza Fruit/Juice/Milk	8 WG Cereal WG Donut Fruit/Juice/Milk
11 WG Cereal WG Toast Fruit/Juice/Milk	12 WG Breakfast Wrap Fruit/Juice/Milk	13 WG Cereal WG Bagel Fruit/Juice/Milk	14 WG French Toast Fruit/Juice/Milk	15 WG Cereal WG Donut Fruit/Juice/Milk
18 WG Cereal WG Muffin Fruit/Juice/Milk	19 WG Breakfast Boat Fruit/Juice/Milk	20, 1:30 Dismissal WG Cereal/WG Toast Fruit/Juice/Milk	21 WG Waffles Fruit/Juice/Milk	22 WG Cereal WG Donut Fruit/Juice/Milk
25 WG Cereal WG Mini Cinn Fruit/Juice/Milk	26 WG Pancake on a Stick Fruit/Juice/Milk	27 WG Cereal WG Bagel Fruit/Juice/Milk	28 WG Breakfast Wrap Fruit/Juice/Milk	29 WG Cereal WG Donut Fruit/Juice/Milk

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
LUNCH				1 WG Corndog Baked Beans Salad Bar Fruits & Veggies Milk/Juice
4 Labor Day – No School	5 Rib Shape/WG Bread Mashed Potato/Gravy Salad Bar Fruit & Veggies Milk/Juice	6 1:30 Dismissal Tavern/WG Bun Corn/Milk/Juice Salad Bar Fruits & Veggies	7 Glazed Chicken Breast WG Bun/Green Beans Salad Bar Fruits & Veggies Milk/Juice	8 Taco Salad Refried Beans/Salsa Salad Bar Fruit & Veg WG Bread/Milk/Juice
11 Hot Dog/WG Bun Baked Beans Salad Bar Fruits & Veggies Milk/Juice	12 WG Popcorn Chicken Mashed Potato/Gravy Salad Bar Fruits & Veggies Milk/Juice/WG Bread	13 Cowboy Cavatina WG Garlic Bread Salad Bar Fruits & Veggies Green Beans/Milk/Juice	14 Shrimp Shapes French Fries/WG Bread Salad Bar Fruits & Veggies Milk/Juice/WG Cookie	15 Nachos/Sidekicks Cheese Sauce/Salsa Salad Bar Fruits & Veggies Milk/Juice/WG Pretzel
18 Hamburger/WG Bun Corn Salad Bar Fruits & Veggies Milk/Juice	19 Orange Chicken WG Rice/WG Cupcake Salad Bar Fruits & Veggies Milk/Juice/WG Bread	20 1:30 Dismissal WG Sub Sandwich Oven Potatoes Salad Bar Fruits & Veg Milk/Juice	21 WG Italian Dunkers Green Beans Salad Bar Fruits & Veggies Milk/Juice	22 WG Chicken Nuggets Mashed Potato/Gravy Salad Bar Fruits & Veggies Milk/Juice/WG Bread
25 WG Pizza/Yogurt Green Beans/Granola Salad Bar Fruits & Veggies Milk/Juice	26 Walking Taco Lettuce/Cheese/Salsa Salad Bar Fruits & Veggies Milk/Juice/Churro	27 Italian Chicken Patty WG Bun/Corn Salad Bar Fruits & Veggies Milk/Juice/Baked Chips	28 Country Fried Steak Mashed Potato/Gravy Salad Bar Fruits & Veggies Milk/Juice/WG Bun	29 WG Grilled Cheese Soup/Crackers Salad Bar Fruits & Veggies Milk/Juice

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.