

South O'Brien School Meals October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Cereal OR Bar WG Toast Fruit/Juice/Milk	3 WG Pancakes Fruit/Juice/Milk	4 1:30 Dismissal WG Cereal/WG Frudel Fruit/Juice/Milk	5 WG Breakfast Pizza Fruit/Juice/Milk	6 WG Cereal OR Bar WG Donut Fruit/Juice/Milk
9 WG Cereal OR Bar WG Muffin Fruit/Juice/Milk	10 WG Breakfast Wrap Fruit/Juice/Milk	11 WG Cereal OR Bar WG Bagel Fruit/Juice/Milk	12 WG French Toast Fruit/Juice/Milk	13 WG Cereal OR Bar WG Donut Fruit/Juice/Milk
16 WG Cereal OR Bar WG Mini Cinnns Fruit/Juice/Milk	17 WG Breakfast Boat Fruit/Juice/Milk	18 1:30 Dismissal WG Cereal/WG Toast Fruit/Juice/Milk	19 WG Waffles Fruit/Juice/Milk	20 WG Cereal OR Bar WG Donut Fruit/Juice/Milk
23 WG Cereal OR Bar WG Muffin Fruit/Juice/Milk	24 WGPancake on Stick Fruit/Juice/Milk	25 WG Pancakes Fruit/Juice/Milk	26 WG Cereal OR Bar WG Donut Fruit/Juice/Bar	27 No School Professional Development
30 WG Cereal OR Bar WG Toast Fruit/Juice/Milk	31			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
2 Glazed Chicken Breast WG Bun/Milk/Juice Broccoli & Cheese Salad Bar Fruits & Veggies	3 Taco Lettuce/Cheese/Salsa Salad Bar Fruits & Veggies Milk/Juice/Churro	4 1:30 Dismissal WG Sub Sandwich/Milk Oven Potatoes/Juice Salad Bar Fruits & Veg	5 Rib Shape Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Frit & Veg Cook Choice Dessert ☺	6 HOME COMING Cheeseburger/WG Bun Baked Beans Salad Bar Fruits & Veggies Milk/Juice/Baked Chips
9 HOT LUNCH WEEK NEW: Meat Loaf Mashed Potato/Gravy WG Bun/Milk/Juice Salad Bar Fruit & Veggies	10 NEW: Lasagna Green Beans Garlic Bread Salad Bar Fruits & Veggies Milk/Juice	11 Creamed Chicken over Biscuit/Peas Salad Bar Fruits & Veggies Milk/Juice Cook Choice Dessert ☺	12 Hot Dog/WG Bun NEW: Mac & Cheese Baked Beans Salad Bar Fruits & Veggies Milk/Juice	13 Calzones Lettuce Salad Salad Bar Fruits & Veggies Milk/Juice
16 WG Pizza/Yogurt Granola/Green Beans Salad Bar Fruits & Veggies Milk/Juice	17 WG Chicken Patty WG Bun/Curly Fries Salad Bar Fruits & Veggies Milk/Juice/Dessert ☺	18 1:30 Dismissal Tavern/WG Bun/Corn Salad Bar Fruits & Veggies Milk/Juice/Baked Chips	19 Country Fried Steak Mashed Potato/Gravy WG Bun/Milk/Juice Salad Bar Fruits & Veggies	20 Chicken Alfredo Mix Veggies/Juice Salad Bar Fruits & Veggies WG Garlic Bread/Milk
23 WGPopcornChicken Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	24 Orange Chicken WG Rice/Mix Veggies Salad Bar Fruits & Veggies Milk/Juice/WG Bread	25 Nacho Supreme Cheese Sauce/Salsa Salad Bar Fruits & Veggies WG Pretzel/Milk/Juice	26 WG Grilled Cheese Soup/Crackers Salad Bar Fruits & Veggies Milk/Juice/Dessert ☺	27 No School Professional Development
30 NEW: Taco Burger WG Bun/Starz Potato Salad Bar Fruits & Veggies Milk/Juice/Dessert ☺	31 WG Scarrrry Shapes Smashed Ghost w Sauce WGMummy/WitchBrew Coffin Fruits & Veggies ☺			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.