

South O'Brien School Meals January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 WG Cereal WG Toast Fruit/Juice/Milk	4 WG Waffles Fruit/Juice/Milk	5 WG Cereal WG Donut Fruit/Juice/Milk
8 WG Cereal WG Muffin Fruit/Juice/Milk	9 WG Pancakes Fruit/Juice/Milk	10 Dismiss 1:30 WG Breakfast Pizza Fruit/Juice/Milk	11 WG French Toast Fruit/Juice/Milk	12 WG Cereal WG Donut Fruit/Juice/Milk
15 No School, Prof Development	16 WG Pancake on Stick Fruit/Juice/Milk	17 WG Breakfast Wrap Fruit/Juice/Milk	18 WG Breakfast Boat Fruit/Juice/Milk	19 WG Cereal WG Donut Fruit/Juice/Milk
22 WG Cereal WG Toast Fruit/Juice/Milk	23 WG Waffles Fruit/Juice/Milk	24 Dismiss 1:30 WG Breakfast Pizza Fruit/Juice/Milk	25 WG Pancakes Fruit/Juice/Milk	26 WG Cereal WG Donut Fruit/Juice/Milk
29 WG Cereal WG Bagel Fruit/Juice/Milk	30 WG Breakfast Wrap Fruit/Juice/Milk	31 WG French Toast Fruit/Juice/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
1 No School	2 No School	3 WG Chicken Nuggets Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	4 Cheeseburger/Bun Oven Potatoes Salad Bar Fruits & Veggies Milk/Juice	5 Nachos Cheese Sauce/Salsa Salad Bar Fruits & Veggies Milk/Juice
8 Hot Dog/WG Bun Baked Beans/Juice Salad Bar Fruits & Veggies Mac & Cheese/Milk	9 Meat Loaf Patty Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	10 Dismiss 1:30 Tavern/WG Bun/Corn Salad Bar Fruits & Veggies Baked Chips/Milk/Juice	11 Chicken Patty/Bun Oven Potatoes Salad Bar Fruits & Veggies Milk/Juice	12 Cheeseburger Casserole/Peas Salad Bar Fruits & Veggies WG Bread/Milk/Juice
15 No School, Prof Development	16 Rib Shape Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies	17 Walking Taco Lettuce/Cheese/Salsa Salad Bar Fruits & Veggies Milk/Juice/WG Pretzel	18 WG Grilled Cheese Soup/Crackers Salad Bar Fruits & Veggies Milk/Juice	19 WG Spaghetti with Meat Balls/Green Bean Salad Bar Fruits & Veggies Garlic Bread/Milk/Juice
22 WG Pizza/Yogurt Granola/Green Beans Salad Bar Fruits & Veggies Milk/Juice	23 Orange Chicken WG Rice/Mixed Veggies Salad Bar Fruits & Veggies WG Bread/Milk/Juice	24 Dismiss 1:30 WG Sub/Smiles Salad Bar Fruits & Veggies Milk/Juice	25 Country Fried steak Mashed Potato/Gravy Salad Bar Fruits & Veggies WG Bread/Milk/Juice	26 Chili or Chix Noodle Cinnamon Roll/Cracker Salad Bar Fruits & Veggies Cheese Stick/Milk/Juice
29 Calzone Corn Salad Bar Fruits & Veggies Milk/Juice	30 Glaze Chicken Breast WG Bun/Oven Potatoes Salad Bar Fruits & Veggies Milk/Juice	31 Italian Dunkers Green Beans Salad Bar Fruits & Veggies Milk/Juice		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.