

South O'Brien School Meals March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST			1 WG Pancake on Stick Fruit/Juice/Milk	2 Dismiss 1:00 WG Cereal/WG Donut Fruit/Juice/Milk
5 WG Cereal WG Muffin Fruit/Juice/Milk	6 WG Pancakes Fruit/Juice/Milk	7 Dismiss 1:30 WG Breakfast Pizza Fruit/Juice/Milk	8 WG Waffles Fruit/Juice/Milk	9 WG Cereal WG Donut Fruit/Juice/Milk
12 WG Cereal WG Toast Fruit/Juice/Milk	13 WG French Toast Fruit/Juice/Milk	14 WG Wrap Fruit/Juice/Milk	15 WG Pancakes Fruit/Juice/Milk	16 WG Cereal WG Donut Fruit/Juice/Milk
19 WG Cereal Pop Tart Fruit/Juice/Milk	20 WG Waffles Fruit/Juice/Milk	21 Dismiss 1:30 Breakfast Bar Fruit/Juice/Milk	22 WG French Toast Fruit/Juice/Milk	23 WG Cereal WG Donut Fruit/Juice/Milk
26 WG Cereal WG Muffin Fruit/Juice/Milk	27 WG Pancakes Fruit/Juice/Milk	28 Egg/Biscuit/Cheese Fruit/Juice/Milk	29 WG Cereal WG Donut Fruit/Juice/Milk	30 No School Easter Break

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 Chix Patty/Bun Oven Potatoes Salad Bar Fruit & Veggies Milk/Juice	2 Dismiss 1:00 Shrimp Shapes/Bread MashPots/Butter/Milk Salad Bar Fruit & Veggies
5 Orange Chicken WG Rice/Vegs Salad Bar Fruits & Veggies Milk/Juice/WG Bread	6 Hot Dog/WG Bun Baked Beans/Milk Mac & Cheese/Juice Salad Bar Fruits & Veggies	7 Dismiss 1:30 Tavern/WG Bun Corn/Milk/Juice Salad Bar Fruits & Veggies	8 WGPopcornChicken MashedPotato/Gravy WG Bread/Milk/Juice Salad Bar Fruit & Veg	9 Grilled Cheese Soup/Crackers Salad Bar Fruit & Veggies Milk/Juice
12 Hamburger/WGBun Oven Potatoes Salad Bar Fruits & Veggies Milk/Juice	13 Goulash/Peas WG Bread Salad Bar Fruits & Veggies Milk/Juice/Cookie	14RibShape/WGBread Mashed Potato/Butter Salad Bar Fruits & Veggies Milk/Juice	15 Nacho Cheese Sauce/Salsa Salad Bar Fruit & Veggies WGPretzel/Milk/Juice	16 Fish Nuggets Smiles/WG Bread Salad Bar Fruits & Veggies Milk/Juice/Pudding
19 Meat Loaf/WG Bun Mashed Potato/Gravy Salad Bar Fruits & Veggies Milk/Juice	20 Italian Dunkers Corn/Milk/Juice Salad Bar Fruits & Veggies	21 Dismiss 1:30 Sub Sandwich/Juice Oven Potatoes/Milk Salad Bar Fruits & Veggies	22 Spaghetti/Milk MeatBall/GarlicBread Green Beans/Juice Salad Bar Fruit & Veg	23WG Cheese Pizza Salad Bar Fruits & Veg Yogurt/Granola/Milk Salad Bar Fruits & Veg
26 Walking Taco Lettuce/Cheese/Salsa Salad Bar Fruits & Veggies Milk/Juice/Churro	27 WG Chicken Nuggets Mashed Potato/Gravy Salad Bar Fruits & Veggies WG Bread/Milk/Juice	28 Soup/Crackers Cinnamon Roll Salad Bar Fruits & Veggies Milk/Juice/Cheese Stix	29 Turkey MashedPotato/Gravy Dinner Roll/Juice Salad Bar Fruit & Veggies Dessert/Milk	30 No School Easter Break

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.