

South O'Brien School Meals May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	1 WG French Toast Fruit/Juice/Milk	2 Dismiss 1:30 WG Cereal/WG Toast Fruit/Juice/Milk	3 WG Waffles Fruit/Juice/Milk	4 WG Cereal WG Donut Fruit/Juice/Milk
7 WG Cereal WG Toast Fruit/Juice/Milk	8 WG Pancakes Fruit/Juice/Milk	9 WG Cereal WG Muffin Fruit/Juice/Milk	10 Hot Breakfast Fruit/Juice/Milk	11 WG Cereal WG Donut Fruit/Juice/Milk
14 WG Cereal Cook's choice Fruit/Juice/Milk	15 COOK'S CHOICE Fruit/Juice/Milk	16 Dismiss 1:30 COOK'S CHOICE Fruit/Juice/Milk	17 COOK'S CHOICE Fruit/Juice/Milk	18 COOK'S CHOICE Fruit/Juice/Milk
21 COOK'S CHOICE Fruit/Juice/Milk	22 COOK'S CHOICE Fruit/Juice/Milk	23 COOK'S CHOICE Fruit/Juice/Milk	24 COOK'S CHOICE Fruit/Juice/Milk	25 COOK'S CHOICE Fruit/Juice/Milk
28 Memorial Day	29 Prof Dev	30 Prof Dev	31 Prof Dev ½ Day	

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 Taco Salad Lettuce/Cheese/Salsa Milk/Juice/Churro Salad Bar Fruits & Veggies	2 Dismiss 1:30 Sub Sandwich/Milk Oven Potato/Juice Salad Bar Fruits & Veggies	3 WG Chicken Nuggets Mashed Potato/Butter Salad Bar Fruits & Veggies WG Bread/Milk/Juice	4 WG Pizza Green Beans/Yogurt Salad Bar Fruits & Veggies Milk/Juice
7 Rib Patty Mashed Potato/Butter Salad Bar Fruits & Veggies Milk/Juice	8 Orange Chicken Rice/Vegs/Butter Bread Salad Bar Fruits & Veggies Milk/Juice	9 Cavatina Corn/Butter Bread Salad Bar Fruits & Veggies Milk/Juice	10 Italian Dunkers Meat Sauce/Milk Green Beans/Juice Salad Bar Fruits & Veggies	11 Cheeseburger/Bun Oven Potatoes Salad Bar Fruits & Veggies Milk/Juice
14 Taco Lettuce/Cheese/Salsa Milk/Juice/Churro Salad Bar Fruits & Veggies	15 Shrimp Mashed Potato/Butter Salad Bar Fruits & Veggies Milk/Juice/Butter Bread	16 Dismiss 1:30 Tavern/Bun/Juice Corn/Baked Chips/Milk Salad Bar Fruits & Veggies	17 Cook's Choice	18 BBQ on Bun Baked Beans Milk/Juice Salad Bar Fruits & Veggies
21 Chicken Patty/Bun Oven Potatoes Salad Bar Fruits & Veggies Milk/Juice	22 Nacho Cheeses Sauce/Salsa Milk/Juice/Pretzel Salad Bar Fruits & Veggies	23 Cook's Choice	24 Cook's Choice	25 LAST DAY ☺ ☺ Hot Dog/Bun/Juice Baked Beans/Milk Salad Bar/Cookie/Chips
28 Memorial Day	29 Prof Dev	30 Prof Dev	31 Prof Dev ½ day	

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.