

South O'Brien School Meals November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST			1 WG Breakfast Pizza Fruit/Juice/Milk	2 WG Cereal WG Donut Fruit/Juice/Milk
5 WG Cereal WG Toast Fruit/Juice/Milk	6 WG Waffles/Syrup Fruit/Juice/Milk	7 WG Cereal WG Muffin Fruit/Juice/Milk	8 WG French Toast Syrup Fruit/Juice/Milk	9 1:30 dismissal WG Cereal/WGMuffin Fruit/Juice/Milk
12 WG Cereal WG Toast Fruit/Juice/Milk	13 WG BreakfastWrap Fruit/Juice/Milk	14 1:30 Dismissal WG Cereal/Fruit/Milk WG Bagel/Juice	15 WG Pancakes Syrup Fruit/Juice/Milk	16 WG Cereal WG Donut Fruit/Juice/Milk
19 WG Cereal WG Toast Fruit/Juice/Milk	20 WG Waffles/Syrup Fruit/Juice/Milk	21 No School	22 No School Thanksgiving	23 No School
26 WG Cereal/Milk WG Toast/Fruit/Juice	27 WG French Toast Syrup/Fruit/Juice/Milk	28 WG Breakfast Pizza Fruit/Juice/Milk	29 WG Pancakes Syrup/Fruit/Juice/Milk	30 WG Cereal/Milk WG Muffin/Fruit/Juice

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 Hamburger/WG Bun BakedBeans/Chips/Milk Salad Bar Fruits&Vegs Ket/Must/Pickles/Juice	2 WG Corn Dog Oven Potatoes Salad Bar Fruits&Vegs Ket/Must/Milk/Juice
5 WG Spaghetti/Milk WG Bread Stick/Juice Green Beans Salad Bar Fruits&Vegs Parm Cheese	6 WG Chix Nuggets Mash Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits&Vegs Ket/BQ	7 Italian Chix Patty WG Bun/Corn Salad Bar Fruits&Vegs Milk/Juice Ket/Mayo	8 WG Soft Taco Lett/Cheese/Salsa Refried Beans Salad Bar Fruits&Vegs Milk/Juice	9 1:30 dismissal Hot Dog/WG Bun Baked Beans/Juice Salad Bar Fruits&Vegs Ket/Must/Relish/Milk
12 WG Chix Patty WG Bun/Milk/Juice Oven Potatoes Salad Bar Fruits&Vegs Ket/Mayo/BQ/Pickles	13WG Orange Chicken WG Rice/Mix Veggies WG Bread Salad Bar Fruits&Vegs Milk/Juice	14 1:30 Dismissal Tavern/WG Bun Corn/Milk/Juice Salad Bar Fruits&Vegs Ket/Must/Pickles	15 Nachos Cheese Sauce/Salsa Green Beans Salad Bar Fruits&Vegs Milk/Juice	16 Turkey Mashed Potato/Gravy WG Dinner Roll Salad Bar Fruits&Vegs Milk/Juice/Ketchup
19 WG Popcorn Chix Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruit&Vegs Ket/BQ	20 WG Taco Salad Lett/Cheese/Salsa Salad Bar Fruits&Vegs Milk/Juice	21 No School	22 No School Thanksgiving	23 No School
26 WG Pizza Green Beans Salad Bar Fruits&Vegs Milk/Juice	27 WG Grilled Cheese Tomato or Chix Noodle Salad Bar Fruits&Vegs Milk/Juice/Crackers/Ket	28 Meat Loaf Patty Mashed Potato/Gravy WG Bun/Milk/Juice Salad Bar Fruits&Vegs	29 WG Sub Sandwich Oven Potatoes Salad Bar Fruits&Vegs Milk/Juice/Ket	30 Pulled Pork WG Bun/Milk/Juice Baked Beans Salad Bar Fruits&Vegs

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.