

South O'Brien School Meals December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Cereal WG Toast Fruit/Juice/Milk	4 WG Waffles Fruit/Juice/Milk	5 1:30 Dismissal WG Cereal/WGMuffin Fruit/Juice/Milk	6 WG Breakfast Pizza Fruit/Juice/Milk	7 WG Cereal WG Donut Fruit/Juice/Milk
10 WG Cereal WG Toast Fruit/Juice/Milk	11 WG BreakfastWrap Fruit/Juice/Milk	12 WG Cereal WG Bagel Fruit/Juice/Milk	13 WG Pancakes Fruit/Juice/Milk	14 WG Cereal WG Donut Fruit/Juice/Milk
17 WG Cereal WG Toast Fruit/Juice/Milk	18 WG French Toast Fruit/Juice/Milk	19 1:30 Dismissal WG Breakfast Boat Fruit/Juice/Milk	20 WG Waffles Fruit/Juice/Milk	21 WG Cereal WG Donut Fruit/Juice/Milk
24 No School	25 No School Christmas	26 No School	27 No School	28 No School
31 No School	Jan 1 No School	2 No School	3	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
3 Chicken Fajita WG Rice/Mix Veggies Salad Bar Fruits & Veggies Milk/Juice	4 Italian Dunkers Green Beans Salad Bar Fruits & Veggies Milk/Juice	5 1:30 Dismissal Tavern/WG Bun Baked Beans/Milk Baked Chips/Juice Salad Bar Fruits & Veggies	6 WG PopcornChicken Mashed Potato/Gravy WG Bread Salad Bar Fruits & Veg Milk/Juice/Ket/BBQ	7 Pork Roast/WG Bun Oven Potatoes Salad Bar Fruit & Veggies Milk/Juice Ket/BBQ
10 WG Spaghetti WG Bread Stick Salad Bar Fruits & Veggies Green Beans/Milk Parm Cheese/Juice	11 WG Chix Nuggets Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruits & Veggies Ket/BQ	12 Italian Chix Patty WG Bun/Corn Salad Bar Fruits & Veggies Milk/Juice Ket/Mayo	13 WG Soft Taco Lett/Cheese/Salsa Refried Beans Salad Bar Fruits & Veggies Milk/Juice	14 Hot Dog/WG Bun Baked Beans Salad Bar Fruits & Veggies Milk/Juice Ket/Must/Relish
17 WG Chicken Patty WG Bun/Corn Salad Bar Fruits & Veg Milk/Juice	18 Cook's Choice Clean out odds & ends in freezer Salad Bar/Milk/Juice	19 1:30 Dismissal Hamburger/WG Bun Oven Potatoes/Milk Salad Bar Fruits & Veggies	20 WG OrangeChicken WG Rice/Mix Veggies WG Bread/Milk/Juice Salad Bar Fruits & Veggies	21 Christmas Nuggets Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruit & Veggies
24 No School	25 No School CHRISTMAS	26 No School	27 No School	28 No School
31 No School	Jan 1 No School	2 No School	3	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.