

South O'Brien School Meals January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 31 No School	Jan 1 No School	2 No School	3 WG Cereal WG Muffin Fruit/Juice/Milk	4 WG Cereal WG Donut Fruit/Juice/Milk
7 WG Cereal WG Toast Fruit/Juice/Milk	8 WG Breakfast Wrap Fruit/Juice/Milk	9 1:30 Dismissal WG Cereal/WG Bagel Fruit/Juice/Milk	10 WG Pancakes Fruit/Juice/Milk	11 WG Cereal WG Donut Fruit/Juice/Milk
14 No School Professional Development	15 WG Breakfast Pizza Fruit/Juice/Milk	16 WG Cereal WG Toast Fruit/Juice/Milk	17 WG French Toast Fruit/Juice/Milk	18 WG Cereal WG Donut Fruit/Juice/Milk
21 WG Cereal WG Toast Fruit/Juice/Milk	22 WG Waffles Fruit/Juice/Milk	23 1:30 Dismissal WGCereal/WG Muffin Fruit/Juice/Milk	24 WG Breakfast Boat Fruit/Juice/Milk	25 WG Cereal WG Donut Fruit/Juice/Milk
28 WG Cereal WG Toast Fruit/Juice/Milk	29 WG Pancakes Fruit/Juice/Milk	30 WG Cereal WG Muffin Fruit/Juice/Milk	31 WG Breakfast Wrap 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 ½ cup fruit or juice to be a reimbursable meal.

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 31 No School	Jan 1 No School	2 No School	3 WG Corndog Baked Beans Applesauce/Veg Bar Milk/Juice	4 Country Fried Steak Whip Potato/Gravy WG Bread/Milk Peaches/Veggie Bar
7 WG Chicken Patty WG Bun/Smiles Mandarin Oranges Veg Bar/Milk	8 Rib Shape Whip Potatoes/Gravy WG Bread/Milk/Juice Pears/Veg Bar	9 1:30 Dismissal Tavern/WG Bun Corn/Fruit/Veg Bar Milk	10 Hot Dog/WG Bun Baked Beans/Milk Mac & Cheese/Juice Pineapple/Veg Bar	11 Nachos/Salsa Cheese Sauce/Milk WG Pretzel/Veg Bar Applesauce/Gr Beans
14 No School Professional Development	15 Hamburger/WG Bun Oven Potatoes/Veg Bar Applesauce Milk/Juice	16 Tomato/Chix Soup WG Crackers/Fruit Veg Bar/Milk WG Grilled Cheese	17 WG Dunkers Peas/Veg Bar Mandarin Oranges Milk/Juice	18 WG Chix Nuggets Whip Potato/Gravy WG Bread/Milk Mix Fruit/Veg Bar
21 Enchilada Mexican Rice/Mix Veg Peaches/Veg Bar Milk	22 Walking Taco Lett/Cheese/Milk Refried Beans/Juice Pears/Veg Bar	23 1:30 Dismissal Meat Loaf Patty/Milk Whip Potato/Gravy WG Bread/Fruit/Vegs	24 WG Sub Oven Potato Applesauce/Veg Bar Milk/Juice	25 Cream Turkey over WhipPotato/WGBread Green Beans/Milk MandarinOrange/Vegs
28 WG Popcorn Chix Whip Potato/Gravy WG Bread/Pineapple Veg Bar/Milk	29 WG Pizza Green Beans Applesauce/Veg Bar Milk/Juice	30 WG Orange Chix WG Rice/Mix Veggies WG Bread/Fruit Milk	31 Chili/WG Clnn Roll WG Crackers/Mix Fruit Veg Bar/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.

Calorie Targets: K-5=550-650, 6-8=600-700, 9-12=750-850.

South O'Brien School is an equal opportunity provider and employer.