

## South O'Brien School Meals February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				1WG Cereal WG Donut Fruit/Juice/Milk
4 WG Cereal WG Toast Fruit/Juice/Milk	5 WG Waffles Fruit/Juice/Milk	6 1:30 Dismissal WGCereal/WG Muffin Fruit/Juice/Milk	7 WG Breakfast Pizza Fruit/Juice/Milk	8 WG Cereal WG Donut Fruit/Juice/Milk
11 WG Cereal WG Muffin Fruit/Juice/Milk	12 WGBreakfast Wrap Fruit/Juice/Milk	13 WG Cereal WG Toast Fruit/Juice/Milk	14 WG Pancakes Fruit/Juice/Milk	15 No School Professional Development
18 WG Cereal WG Toast Fruit/Juice/Milk	19 WG French Toast Fruit/Juice/Milk	20 1:30 Dismissal WG Cereal/WGMuffin Fruit/Juice/Milk	21 WG Breakfast Boat Fruit/Juice/Milk	22 WG Cereal WG Donut Fruit/Juice/Milk
25 WG Cereal WG Muffin Fruit/Juice/Milk	26 WG Pancakes Fruit/Juice/Milk	27 WG Cereal WG Toast Fruit/Juice/Milk	28 WG Waffles Fruit/Juice/Milk	

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
<b>LUNCH</b>				1 Beef Burrito Rice/Mix Veggies Fruit/Veg Bar WG Bread/Milk
4 Chicken Patty/Bun Oven Potatoes Fruit/Veg Bar Milk	5 Cowboy Cavatina Green Beans/Milk Garlic Bread/Juice Fruit/Veg Bar	6 1:30 Dismissal Tavern/Bun Corn/Fruit/Milk Veg Bar	7 Country Fried Steak Mash Potato/Gravy WG Bread/Juice Fruit/Veg Bar/Milk	8 WG Corndog Baked Beans Fruit/Veg Bar Milk
11 Hamburger/Bun French Fries Fruit/Veg Bar/Milk	12 Taco/Churro Lettuce/Cheese/Salsa Refried Beans/Fruit Milk/Juice	13 Chicken Alfredo Peas/Bread Stick Fruit/Veg Bar/Milk	14 Chicken Nuggets Mash Potato/Gravy WG Bread/Fruit/Milk Veg Bar/Juice	15 No School Professional Development
18 Ribb Shape Mashed Potato/Gravy WG Bread/Milk Fruit/Veg Bar	19 Pizza/Yogurt Green Beans/Milk Fruit/Veg Bar/Juice	20 1:30 Dismissal Sub Sandwich/Fruit Oven Potato/Milk Veg Bar	21 Chix Noodle Casserole/Peas WG Bread/Fruit/Milk Veg Bar/Juice	22 Nacho/Corn Cheese Sauce/Salsa Pretzel/Fruit/Milk Veg Bar
25 Hot Dog/Bun/Fruit Mac Cheese/Milk Baked Beans/Veg Bar	26 Goulash Corn/WG Bread/Milk Fruit/Veg Bar/Juice	27 Orange Chicken WGRice/MixVegs/Milk Fruit/Veg Bar/Bread	28 Soup/Crackers Grilled Cheese /Milk Fruit/Veg Bar/Juice	

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.**