

## South O'Brien School Meals March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>				1 1:00 Dismissal WG Cereal/Donut Fruit/Juice/Milk
4 WG Cereal WG Toast Fruit/Juice/Milk	5 WG Waffles Fruit/Juice/Milk	6 1:30 Dismissal WGCereal/WGMuffin Fruit/Juice/Milk	7 WG Breakfast Pizza Fruit/Juice/Milk	8 WG Cereal/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 WG Cereal/Donut Fruit/Juice/Milk
18 WG Cereal WG Toast Fruit/Juice/Milk	19 WG French Toast Fruit/Juice/Milk	20 1:30 Dismissal Fruit/Juice/Milk	21 WG Breakfast Boat Fruit/Juice/Milk	22 WG Cereal/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	29 WG Cereal/Donut 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 1:00 Dismissal Brunch for Lunch
4 Beef Burrito/Rice Mix Veggies/Fruit/Milk WG Bread/Veg Bar	5 WG Chicken Patty WGBun/OvenPotatoes Fruit/Veg Bar Milk/Juice	6 1:30 Dismissal WG CheesePizza/Milk Yogurt/Granola/Fruit Green Beans/Veg Bar	7 WG Spaghetti WG Bread Stick Peas/Fruit Veg Bar /Milk/Juice	8 Sub Sandwich Chips/Apple Slices Carrots/Cookie Milk
11 Hamburger/Bun Oven Potatoes Fruit/Veg Bar/Milk	12 Orange Chicken Rice/Mix Veggies WG Bread/Milk/Juice	13 Walking Taco Lettuce/Cheese/Salsa Corn/Churro/Milk Fruit/Veg Bar	14 Cook's Choice Fruit/Veg Bar Milk/Juice	15 Shrimp Shapes Mashed Potatoes WG Bread/Butter Fruit/Veg Bar/Milk
18 Chicken Nuggets Mashed Potato/Gravy WG Bread/Fruit/Milk Cookie	19 Crispito WG Bread Green Beans/Juice Fruit/Veg Bar/Milk	20 1:30 Dismissal Tavern/Bun Corn/Fruit/Veg Bar Milk	21 Corndog Baked Beans Fruit/Veg Bar Milk/Juice	22 Grilled Cheese Soup/Crackers Fruit/Veg Bar Milk
25 Hot Dog/Bun/Milk Mac & Cheese/Fruit Baked Beans/Veg Bar	26 Italian Dunkers Green Beans Fruit/Veg Bar/Milk	27 Chicken Alfredo Peas/Bread Stick Fruit/Veg Bar Milk/Juice	28 Nacho Corn/Cheese Sauce Fruit/Veg Bar/ Juice Pretzel/Milk	29 Fish Nuggets MashedPotato/Butter WG Bread/Fruit/Milk

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.**