

## South O'Brien School Meals April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Cereal WG Toast Fruit/Juice/Milk	2 WG French Toast Fruit/Juice/Milk	3 Dismissal 1:30 WGCereal/WG Muffin Fruit/Juice/Milk	4 WG Breakfast Pizza Fruit/Juice/Milk	5 WG Cereal/Donut Fruit/Juice/Milk
8 WG Cereal WG Muffin Fruit/Juice/Milk	9 WG Breakfast Wrap Fruit/Juice/Milk	10 WG Cereal WG Toast Fruit/Juice/Milk	11 WG Waffles Fruit/Juice/Milk	12 WG Cereal/Donut Fruit/Juice/Milk
15 WG Cereal WG Toast Fruit/Juice/Milk	16 WG Pancakes Fruit/Juice/Milk	17 Dismissal 1:00 WGCereal/WG Muffin Fruit/Juice/Milk	18 WG Breakfast Boat Fruit/Juice/Milk	19 No School Good Friday
22 No School Easter Break	23 Pancake on Stick Fruit/Juice/Milk	24 WG Cereal WG Toast Fruit/Juice/Milk	25 WG French Toast Fruit/Juice/Milk	26 WG Cereal/Donut Fruit/Juice/Milk
29 WG Cereal WG Muffin Fruit/Juice/Milk	30 WG Waffle Fruit/Juice/Milk			<b>BREAKFAST</b>

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
1 Glazed Chicken Patty WG Bun/Fruit/Vegs Oven Potatoes/Milk	2 Taco Lettuce/Cheese/Salsa RefriedBeans/Fruit/Veg Milk/Juice	3 1:30 Dismissal Meat Loaf Patty/Bread Mashed Potato/ Gravy Fruit/Vegs/Milk	4 Hot Dog/WG Bun Baked Beans/Chips Fruit/Vegs/ Milk/Juice	5 Soup/Crackers Grilled Cheese Fruit/Vegs Milk
8 Chicken Nuggets Mashed Potato/Gravy WG Bread/Milk	9 Pizza Green Beans/Yogurt Fruit/Vegs/Milk/Juice	10 Orange Chicken WGRice/MixVegs/Milk Fruit/Vegs/Egg Roll	11 COOK'S CHOICE	12 Sub Sandwich Chips Fruit/Vegs/Milk
15 Hamburger/Bun Oven Potatoes Fruit/Vegs/Milk	16 BRUNCH for LUNCH	17 1:30 Dismissal Tavern/WG Bun Corn/Fruit/Veg/Milk	18 Popcorn Chicken Mashed Potato/Gravy WG Bread/Fruit/Veg Milk/Juice	19 No School Good Friday
22 No School Easter Break	23BreadedChickenPatty Oven Potato Fruit/Vegs/Milk/Juice	24 Italian Dunkers Green Beans Fruit/Vegs/Milk	25 Chicken Fajita Lettuce/Cheese Fruit/Veg/Milk/Juice	26 Nacho Cheese Sauce/Corn Fruit/Vegs/Milk Pretzel
29 Rib Shape Mashed Potato/Butter WG Bread/Fruit/Veg Milk	30 Taco Salad Refried Beans Fruit/Veg/Milk/Juice			<b>LUNCH</b>

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.**