

South O'Brien School Meals May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		1 Dismiss 1:30 Cereal/Toast Fruit/Juice/Milk	2 Breakfast Pizza Fruit/Juice/Milk	3 Cereal/Donut Fruit/Juice/Milk
6 Cereal/Muffin Fruit/Juice/Milk	7 French Toast Fruit/Juice/Milk	8 Cereal/Toast Fruit/Juice/Milk	9 WG Breakfast Wrap Fruit/Juice/Milk	10 Cereal/Donut Fruit/Juice/Milk
13 Cereal/Toast Fruit/Juice/Milk	14 WG Breakfast Boat Fruit/Juice/Milk	15 Dismiss 1:30 Cereal/Muffin Fruit/Juice/Milk	16 WG Waffles Fruit/Juice/Milk	17 Cereal/Donut Fruit/Juice/Milk
20 Cook's Choice Fruit/Juice/Milk	21 Cook's Choice Fruit/Juice/Milk	22 Cook's Choice Fruit/Juice/Milk	23 Cook's Choice Fruit/Juice/Milk	24 Cook's Choice Fruit/Juice/Milk
27 No School Memorial Day	28 Cook's Choice Fruit/Juice/Milk	29 Cook's Choice Fruit/Juice/Milk	30 Last Day, students dismiss at noon Cook's Choice	31

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
LUNCH		1 Dismiss 1:30 Country Fried Steak Potato/Gravy/Bread Fruit/Veg/Milk	2 Sub Sandwich Oven Potatoes Fruit/Veg/Milk/Juice	3 Pizza Yogurt/Granola Green Beans Fruit/Vegs/Milk
6 Chicken Nuggets Mash Potato/Gravy Bread/Fruit/Veg/Milk	7 BRUNCH for Lunch	8 Orange Chicken Rice/Mix Veggies/Milk Fruit/Veg /Egg Roll	9 Corn Dog Baked Beans Fruit/Veg/Milk/Juice	10 French Dip Oven Potatoes Fruit/Vegs/Milk
13 Mexican Day Odds & Ends in freezer Fruit/Vegs/Milk	14 Calzone Green Beans Fruit/Vegs/Milk/Juice	15 Dismiss 1:30 Tavern/Bun/Corn Fruit/Veg/Milk	16 COOK'S CHOICE	17 Hamburger/Bun Baked Beans/Chips Fruit/Vegs/Milk
20 Rib Shape/Milk Mash Potato/Butter WG Bread/Fruit/Veg	21 Nachos Cheese Sauce/Corn Fruit/Vegs/Milk/Juice	22 Hot Dog/Bun Mac & Cheese/Chips Fruit/Veg/Milk	23 BRUNCH for Lunch	24 Chicken Patty/Bun Oven Potatoes Fruit/Vegs/Milk
27 No school Memorial Day	28 Cook's Choice Fruit/Vegs/Milk/Juice	29 Cook's Choice Fruit/Vegs/Milk/Juice	30 Last Day, students dismiss at noon COOK'S CHOICE	31

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.