

South O'Brien School Meals August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				23 WG Cereal WG Muffin Juice/Fruit/Milk
26 WG Cereal WG Toast Juice/Fruit/Milk	27 WG Pancakes Fruit/Juice/Milk	28 WG Cereal WG Muffin Juice/Fruit/Milk	29 WG Waffles Fruit/Juice/Milk	30 WG Cereal WG Toast 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
LUNCH				23 Hot Dog/WG Bun Baked Beans/Chips Salad Bar Fruit & Veg Milk/Juice
26 WG Chix Nuggets Mashed Potato/Gravy WG Bread Salad Bar Fruit & Veg Milk/Juice	27 WG Sub Sandwich Oven Potatoes Salad Bar Fruit & Veg Cookie Milk	28 WG Pizza Green Beans Yogurt/Granola Salad Bar Fruit & Veg Milk/Juice	29 Hamburger/Bun Corn Salad Bar Fruit & Veg Milk	30 Brunch for Lunch Salad Bar Fruit & Veg Milk/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.