

## South O'Brien School Meals September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day No School	3 WG Pancakes Fruit/Juice/Milk	4 WG Cereal WG Toast Fruit/Juice/Milk	5 WG Breakfast Pizza Fruit/Juice/Milk	6 WG Cereal WG Donut Fruit/Juice/Milk
9 WG Cereal WG Muffin Fruit/Juice/Milk	10 WG Breakfast Wrap/Salsa Fruit/Juice/Milk	11 WG Cereal WG Toast Fruit/Juice/Milk	12 WG French Toast Fruit/Juice/Milk	13 WG Cereal WG Donut Fruit/Juice/Milk
16 WG Cereal WG Bagel Fruit/Juice/Milk	17 WG Breakfast Boat Fruit/Juice/Milk	18 1:30 Dismissal WGCereal/WG Muffin Fruit/Juice/Milk	19 WG Waffles Fruit/Juice/Milk	20 WG Cereal WG Donut Fruit/Juice/Milk
23 WG Cereal WG Mini Cinn Fruit/Juice/Milk	24 WG Pancake on a Stick Fruit/Juice/Milk	25 WG Cereal WG Toast Fruit/Juice/Milk	26 WG Breakfast Wrap/Salsa Fruit/Juice/Milk	27 WG Cereal WG Donut Fruit/Juice/Milk
30 WG Cereal WG Muffin 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
2 Labor Day No School	3 Rib Shape Mashed Potato/Gravy Green Beans/Milk Salad Bar Fruit & Veggies	4 1:30 Dismissal Tavern/Bun Corn/Milk/Juice Salad Bar Fruit & Veg	5 Orange Chicken WG Rice/Vegs Salad Bar Fruits & Veg Milk	6 Nachos Cheese Sauce/Salsa WG Pretzel/Milk/Juice Salad Bar Fruits & Veg
9 Chicken Nuggets Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruit & Veggies	10 Taco Hard/Soft Shell Lettuce/Cheese/Salsa Churro/Milk Salad Bar Fruit & Veggies	11 Sub Sandwich Baked Chips Salad Bar Fruit & Veg Milk/Juice	12 WG Spaghetti WG Bread Stick Green Beans/Milk Salad Bar Fruit & Veg	13 Glazed Chicken Breast/Bun Oven Potatoes/Milk Salad Bar Fruit & Veg
16 Cheeseburger/Bun French Fries Salad Bar Fruits & Veg Milk/Juice	17 Burrito Green Beans Salad Bar Fruit & Veg Cookie/Milk	18 1:30 Dismissal Hot Dog/Bun/Juice Baked Beans/Milk Salad Bar Fruit & Veg	19 Italian Chic Patty Bun/Smiles Salad Bar Fruit & Veg Milk	20 WG Pizza Yogurt/Granola Salad Bar Fruit & Veg Milk/Juice
23 Mini Corn Dogs Mac & Cheese Salad Bar Fruit & Veggies Milk/Juice	24 Taco in Bag Lettuce/Cheese/Salsa Churro/Milk Salad Bar Fruit & Veg	25 Meat Loaf Patty Mashed Potato/Gravy WG Bread/Milk Salad Bar Fruit & Veg	26 Chicken Alfredo WG Chees Bread Stick Peas/Milk Salad Bar Fruit & Veggies	27 Brunch for Lunch Salad Bar Fruit & Veggies Milk/Juice
30 Country Fried Steak Mashed Potato/Gravy WG Bread/Milk/Juice Salad Bar Fruit & Veg				<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.**