

South O'Brien School Meals October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WG Pancakes Fruit/Juice/Milk	2 WG Cereal WG Toast Fruit/Juice/Milk	3 WG Breakfast Pizza Fruit/Juice/Milk	4 WG Cereal WG Donut Fruit/Juice/Milk
7 WG Cereal WG Muffin Fruit/Juice/Milk	8 WG Breakfast Wrap Salsa Fruit/Juice/Milk	9 WG Cereal WG Toast Fruit/Juice/Milk	10 WG French Toast Fruit/Juice/Milk	11 WG Cereal WG Donut Fruit/Juice/Milk
14 WG Cereal WG Toast Fruit/Juice/Milk	15 WG Breakfast Boat Fruit/Juice/Milk	16 WG Cereal WG Muffin Fruit/Juice/Milk	17 WG Waffles Fruit/Juice/Milk	18 WG Cereal WG Donut Fruit/Juice/Milk
21 WG Cereal WG Toast Fruit/Juice/Milk	22 WG Pancake on a Stick Fruit/Juice/Milk	23 WG Cereal WG Toast Fruit/Juice/Milk	24 WG Breakfast Wrap/Salsa Fruit/Juice/Milk	25 NO SCHOOL
28 WG Cereal WG Toast Fruit/Juice/Milk	29 Pancakes Fruit/Juice/Milk	30 WG Cereal WG Toast Fruit/Juice/Milk	31 WG Breakfast Pizza Fruit/Juice/Milk	BREAKFAST

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 Orange Chicken WG Rice/Mix Veggies Salad Bar Fruit & Veg Milk/Juice	2 EARLY OUT Tavern/Bun/Corn Salad Bar Fruit & Veg Baked Chips/Milk	3 Crispito/Cheese Sauce/Green Beans Salad Bar Fruit & Veg Milk/Juice/CoffeeCake	4 Chicken Nuggets Mashed Potato/Gravy Salad Bar Fruit & Veg Milk/Cookie
7 Rib Shape/WG Bread Mashed Potato/Gravy Salad Bar Fruit & Veg Milk	8 Taco Hard/Soft Shell Lettuce/Cheese/Salsa Churro/Milk/Juice Salad Bar Fruit & Veg	9 Chicken Patty/Bun Oven Potatoes Salad Bar Fruit & Veg Milk	10 Pizza Yogurt/Granola Salad Bar Fruit & Veg Milk/Juice	11 Brunch for Lunch Salad Bar Fruit & Veg Milk
14 Hot Dog/Bun Mac & Cheese Salad Bar Fruit & Veg Milk	15 Italian Dunkers Green Beans Salad Bar Fruit & Veg Milk/Juice	16 EARLY OUT Sub Sandwich/Cookie Salad Bar Fruit & Veg Baked Chips/Milk	17 Chicken Noodle Casserole/Peas/Bread Salad Bar Fruit & Veg Milk/Juice	18 Calzone Salad Bar Fruit & Veg Yogurt/Granola Milk
21 Cheeseburger/Bun Oven Potatoes Salad Bar Fruit & Veg Milk	22 Taco Salad Lettuce/Cheese/Salsa Salad Bar Fruit & Veg Corn/Cookie/Milk/Juice	23 Brunch for Lunch Salad Bar Fruit & Veg Milk	24 Grilled Cheese Soup/Crackers Salad Bar Fruit & Veggies Milk/Juice	25 NO SCHOOL
28 Corn Dog Mac & Cheese Salad Bar Fruit & Veggies Milk	29 Orange Chicken WG Rice/Mix Veggies Salad Bar Fruit & Veg Milk/Juice	30 Nacho Cheese Sauce/Salsa WG Pretzel/Milk Salad Bar Fruit & Veg	31 Chili/Cinnamon Roll Crackers/Milk/Juice Salad Bar Fruit & Veggies Milk/Juice	LUNCH

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.