

South O'Brien School Meals November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				1 WG Cereal Donut Fruit/Juice/Milk
4 WG Cereal WG Muffin Fruit/Juice/Milk	5 WG Pancakes Fruit/Juice/Milk	6 WG Cereal WG Toast Fruit/Juice/Milk	7 WG Breakfast Boat Fruit/Juice/Milk	8 Dismiss at 1:00 WG Cereal/Donut Fruit/Juice/Milk
11 WG Cereal WG Toast Fruit/Juice/Milk	12 WG Breakfast Wrap Fruit/Juice/Milk	13 Dismiss at 1:30 W Cereal/WG Muffin Fruit/Juice/Milk	14 WG Waffles Fruit/Juice/Milk	15 WG Cereal Donut Fruit/Juice/Milk
18 WG Cereal WG Muffin Fruit/Juice/Milk	19 WR Breakfast Pizza Fruit/Juice/Milk	20 WG Cereal WG Toast Fruit/Juice/Milk	21 WG Pancakes Fruit/Juice/Milk	22 WG Cereal Donut Fruit/Juice/Milk
25 WG Cereal WG Toast Fruit/Juice/Milk	26 WG French Toast Fruit/Juice/Milk	27 No School	28 No School Thanksgiving	29 No School

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 Chicken Patty/Bun Oven Potatoes/Milk Salad Bar Fruits & Veg
4 Chicken Nuggets Mashed Potato/Gravy Salad Bar Fruits & Veg Milk/WG Bread	5 Hot Dog/Bun Baked Beans Salad Bar Fruits & Veg Milk/Juice	6 Pizza Yogurt/Granola Green Beans/Milk Salad Bar Fruits & Veg	7 Brunch for Lunch Salad Bar Fruits & Veg Milk/Juice	8 Dismiss at 1:00 Sub Sandwich Oven Potatoes/Milk Salad Bar Fruits & Veg
11 Burrito Green Beans Salad Bar Fruits & Veg Milk	12 Orange Chicken Egg Roll/Rice/Vegs Salad Bar Fruits & Veg Milk/Juice	13 Dismiss at 1:30 Tavern/Bun/Milk Corn/Baked Chips Salad Bar Fruits & Veg	14 Grilled Cheese Soup/Crackers Salad Bar Fruits & Veg Milk/Juice	15 Nachos Cheese Sauce/Salsa Pretzel/Milk Salad Bar Fruits & Veg
18 Cheeseburger/Bun Baked Beans Mac Cheese/Milk Salad Bar Fruits & Veg	19 Taco Lettuce/Cheese/Salsa Churro/Milk/Juice Salad Bar Fruits & Veg	20 Spaghetti Garlic Bread Green Beans/Milk Salad Bar Fruits & Veg	21 French Dip French Fries Salad Bar Fruits & Veg Milk/Juice	22 Turkey Mashed Potato/Gravy Bun/Dessert /Milk Salad Bar Fruits & Veg
25 Creamed Chicken over Biscuit Peas/Milk Salad Bar Fruits & Veg	26 Enchilada Corn/Milk/Juice Salad Bar Fruits & Veg	27 No School	28 No School Thanksgiving	29 No School

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.