

South O'Brien School Meals December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Cereal Muffin Fruit/Juice/Milk	3 WG Pancakes Fruit/Juice/Milk	4 Dismiss 1:30 WG Cereal/PopTart Fruit/Juice/Milk	5 WG Pizza Fruit/Juice/Milk	6 WG Cereal Donut Fruit/Juice/Milk
9 WG Cereal Toast Fruit/Juice/Milk	10 WG French Toast Fruit/Juice/Milk	11 WG Cereal Muffin Fruit/Juice/Milk	12 WG Waffles Fruit/Juice/Milk	13 WG Cereal Donut Fruit/Juice/Milk
16 WG Cereal Minni Cinn Fruit/Juice/Milk	17 Egg Wrap Fruit/Juice/Milk	18 Dismiss 1:30 WG Cereal/Toast Fruit/Juice/Milk	19 breakfast Boat Fruit/Juice/Milk	20 WG Cereal Donut Fruit/Juice/Milk
23 No School Christmas Break	24 No School Christmas Break	25 No School Christmas Break	26 No School Christmas Break	27 No School Christmas Break
30 No School Christmas Break	31 No School Christmas Break			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
2 Hot Dog/Bun Mac Cheese/Milk Baked Bean Salad Bar Fruit & Veg	3 Orange Chicken/Rice Egg Roll/Vegs Salad Bar Fruit & Veg Milk/Juice	4 Dismiss 1:30 Tavern/Bun/Corn/Milk Salad Bar Fruit & Veg Baked Chips	5 Chicken Nuggets Mashed Potato/Gravy Salad Bar Fruit & Veg Milk/Juice/Bread	6 Nachos Cheese Sauce/Salsa Pretzel/Milk Salad Bar Fruit & Veg
9 Brunch for Lunch Salad Bar Fruit & Veg Milk	10 Rib Shape Mashed Potato/Gravy Salad Bar Fruit & Veg Milk/Juice/Bread	Cooks Choice Salad Bar Fruit & Veg Milk	12 Sub Sandwich Soup/Cracker Salad Bar Fruit & Veg Milk/Juice	13 Pizza Green Beans/Yogurt Salad Bar Fruit & Veg Milk
16 Chicken Patty/Bun Corn/ Milk Salad Bar Fruit & Veg	17 Taco Lettuce/Cheese/Salsa Salad Bar Fruit & Veg Milk/Juice/Churro	18 Dismiss 1:30 Cheeseburger/Bun Baked Beans/Milk Salad Bar Fruit & Vegs	19 Orange Chicken Egg Roll/Vegs Salad Bar Fruit & Veg Milk/Juice	20 Popcorn Chicken Mashed Potato/Gravy Salad Bar Fruit & Veg Milk/Bread/Ice Cream
23 No School Christmas Break	24 No School Christmas Break	25 No School Christmas Break	26 No School Christmas Break	27 No School Christmas Break
30 No School Christmas Break	31 No School Christmas Break			

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.