

South O'Brien School Meals January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		1 No School New Year's Day	2 WG Cereal WG Muffin Fruit/Juice/Milk	3 WG Cereal Donut Fruit/Juice/Milk
6 WG Cereal WG Toast Fruit/Juice/Milk	7 WG Pancakes Fruit/Juice/Milk	8 WG Cereal Mini Cinn Fruit/Juice/Milk	9 WG Pizza Fruit/Juice/Milk	10 WG Cereal Donut Fruit/Juice/Milk
13 No School Professional Development	14 WG Waffles Fruit/Juice/Milk	15 WG Cereal WG Toast Fruit/Juice/Milk	16WG French Toast Fruit/Juice/Milk	17 WG Cereal Donut Fruit/Juice/Milk
20 WG Cereal WG Muffin Fruit/Juice/Milk	21 Egg Wrap Fruit/Juice/Milk	22 1:30 Dismissal WG Cereal / Toast Fruit/Juice/Milk I	23 Breakfast Boat Fruit/Juice/Milk	24 WG Cereal Donut Fruit/Juice/Milk
27 WG Cereal Pop Tart Fruit/Juice/Milk	28 WG Pancakes Fruit/Juice/Milk	29 WG Cereal WG Muffin Fruit/Juice/Milk	30 WG Waffles Fruit/Juice/Milk	31 WG Cereal Donut 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		1 No School New Year's Day	2 Hot Dog/Bun Baked Beans/Chips Salad Bar Fruit & Veg Milk/Juice	3 Quesadilla Green Beans Salad Bar Fruit & Veg Milk
6 Chicken Patty/Bun Oven Potatoes/Milk Salad Bar Fruit & Veg	7 Taco Lettuce/Cheeses/Salsa Salad Bar Fruit & Veg Milk/Juice/Churro	8 Tomato Soup Grilled Cheese Salad Bar Fruit & Veg Milk/Crackers	9 Brunch for Lunch Salad Bar Fruit & Veg Milk/Juice	10 Orange Chicken Rice/Vegs Salad Bar Fruit & Veg Milk
13 No School Professional Development	14 Chicken Nuggets Mashed Potato/Gravy Salad Bar Fruit & Veg Milk/Juice/Bread	15 Italian Dunkers Green Beans Salad Bar Fruit & Veg Milk	16 Corn Dog Mac Cheese Salad Bar Fruit & Veg Milk/Juice	17 Nachos Cheese Sauce/Salsa Salad Bar Fruit & Veg Milk/Pretzel
20 WG Pizza Green Beans/Yogurt Salad Bar Fruit & Veg Milk	21 Chicken Alfredo Bread Stick/Peas Salad Bar Fruit & Veg Milk/Juice	22 1:30 Dismissal Tavern/Bun/Corn Salad Bar Fruit & Veg Milk/Baked Chips	23 Country Fried Steak Mashed Potato/Gravy Salad Bar Fruit & Veg Milk/Juice/WG Bread	24 Sub Sandwich Soup/Crackers Salad Bar Fruit & Veg Milk
27 Cheeseburger/Bun Oven Potatoes Salad Bar Fruit & Veg Milk	28 Cream Chicken over Biscuit/Peas Salad Bar Fruit & Veg Milk/Juice	29 Spaghetti Garlic Bread Salad Bar Fruit & Veg Green Beans/Milk	30 Cook's Choice Salad Bar Fruit & Veg Milk/Juice	31 Popcorn Chicken Mashed Potato/Gravy Salad Bar Fruit & Veg Milk

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.