

South O'Brien School Meals February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cereal Toast Fruit/Juice/Milk	4 Pancakes Fruit/Juice/Milk	5 1:30 Dismissal Cereal/Muffin Fruit/Juice/Milk	6 Breakfast Boat Fruit/Juice/Milk	7 Cereal Donut Fruit/Juice/Milk
10 Cereal Pop Tart Fruit/Juice/Milk	11 Waffles Fruit/Juice/Milk	12 Cereal Toast Fruit/Juice/Milk	13 French Toast Fruit/Juice/Milk	14 No School Professional Development
17 Cereal Minni Cinn Fruit/Juice/Milk	18 Egg Wrap Fruit/Juice/Milk	19 1:30 Dismissal Cereal/Muffin Fruit/Juice/Milk	20 Pancakes Fruit/Juice/Milk	21 Cereal Donut Fruit/Juice/Milk
24 Cereal Toast Fruit/Juice/Milk	25 Breakfast Pizza Fruit/Juice/Milk	26 Cereal Bagel Fruit/Juice/Milk	27 Waffles Fruit/Juice/Milk	28 Cereal Donut 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
3 Hot Dog/Bun Mac Cheese Salad Bar Fruit & Veg Baked Chips/Milk	4 Taco Salad/Milk Lettuce/Cheese/Salsa Refried Beans/Juice Salad Bar Fruit & Veg	5 1:30 Dismissal Chicken Patty/Bun Corn/Milk Salad Bar Fruit & Veg	6 Orange Chicken Rice/Vegs Salad Bar Fruit & Vegs Milk/Juice	7 BBQ on a Bun Oven Potatoes Salad Bar Fruit & Vegs Milk
10 Creamed Chicken Biscuit/Peas/Milk Salad Bar Fruit & Veg	11 Calzone Green Beans/Milk/Juice Salad Bar Fruit & Veg	12 Sub Sandwich Soup/Crackers/Milk Salad Bar Fruit & Vegs	13 Nachos/Milk Cheese Sauce/Pretzel Salad Bar Fruit & Veg	14 No School Professional Development
17 BBQ Meat Balls Mashed Potatoes Salad Bar Fruit & Vegs Milk/Bread	18 Brunch for Lunch	19 1:30 Dismissal Tavern/Bun Baked Beans/Milk Salad Bar Fruit & Veg	20 Chicken Nuggets Mashed Potato/Gravy Bread/Milk/Juice Salad Bar Fruit & Veg	21 Goulash Corn/Bread Salad Bar Fruit & Veg Milk
24 Grilled FFA Burgers Bun/French Fries Salad Bar Fruit & Veg Milk	25 Orange Chicken Rice/Vegs Salad Bar Fruit & Veg Milk	26 Cheese Pizza Green Beans/Milk Yogurt Salad Bar Fruit & Veg	27 Chili CinnamonRoll/Cracker Salad Bar Fruit & Veg Milk/Juice	28 Grilled Cheese Soup/Crackers Salad Bar Fruit & Veg Milk
				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.