

South O'Brien School Meals March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Toast Fruit/Juice/Milk	3 Pancakes Fruit/Juice/Milk	4 1:30 Dismissal Cereal/Muffin Fruit/Juice/Milk	5 Breakfast Boat Fruit/Juice/Milk	6 Cereal Donut Fruit/Juice/Milk
9 Cereal Pop Tart Fruit/Juice/Milk	10 Waffles Fruit/Juice/Milk	11 Cereal Toast Fruit/Juice/Milk	12 French Toast Fruit/Juice/Milk	13 1:00 Dismissal Cereal/Donut Fruit/Juice/Milk
16 Cereal Minni Cinn Fruit/Juice/Milk	17 Egg Wrap/Salsa Fruit/Juice/Milk	18 1:30 Dismissal Cereal/Muffin Fruit/Juice/Milk	19 Pancakes Fruit/Juice/Milk	20 Cereal Donut Fruit/Juice/Milk
23 Cereal Toast Fruit/Juice/Milk	2 Cereal Toast Fruit/Juice/Milk	25 Cereal Bagel Fruit/Juice/Milk	26 Waffles Fruit/Juice/Milk	27 Cereal Donut Fruit/Juice/Milk
30 Cereal Toast Fruit/Juice/Milk	31 French Toast 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
2 Hot Dog/Bun Mac & Cheese/Milk Baked Chips/Blue Jello Salad Bar Fruit & Veggies	3 Taco/ Milk/Juice Lettuce/Cheese/Salsa Refried Beans/Churro Salad Bar Fruit & Veggies	4 1:30 Dismissal Chicken Patty/Bun Creamed Corn/Milk Salad Bar Fruit & Veggies	5 Country Fried Steak Mashed Potato/Gravy Bread/Milk/Juice Salad Bar Fruit & Veggies	6 Calzone Peas Salad Bar Fruit & Veggies Milk
9 Chicken Nuggets Mashed Potato/Gravy Bread/Milk Salad Bar Fruit & Veggies	10 Orange Chicken Rice/Vegs Salad Bar fruit & Veggies Milk/.Juice	11 Sub Sandwich Soup/Crackers Salad Bar Fruit & Veggies Milk	12 Spaghetti Cheese Bread Stick GreenBean/Milk/Juice Salad Bar Fruit &Vegs	13 1:00 Dismissa Cheese Pizza/Milk Green Beans/Yogurt Salad Bar Fruit &Vegs
16 Cream Chix/Biscuit Peas/Milk Salad Bar Fruit & Veggies	17 Dunkers Green Beans Salad Bar Fruit & Veggies Milk/Juice	18 1:30 Dismissal Tavern/Bun/Milk Baked Beans/Chips Salad Bar Fruit & Veggies	19 Burrito/Salsa Cheese/Corn/Milk/Juice Salad Bar Fruit & Veggies Milk/Juice	20 Fish Sticks French Fries/Bread Salad Bar Fruit & Veggies Milk
23 Cheeseburger/Bun Baked Beans/Chips Salad Bar Fruit & Veggies Milk	24 Brunch for Lunch Salad Bar Fruit & Veggies Milk/Juice	25 Meatloaf Patty Mashed Potato/Gravy Bread/Milk Salad Bar Fruit & Veggies	26 Nacho Cheese Sauce/Salsa Pretzel/Milk/Juice Salad Bar Fruit & Veggies	27 Grilled Cheese Soup/Crackers Salad Bar Fruit & Veggies Milk
30 French Dip Soup/Crackers/Milk Salad Bar Fruit & Veggies	31 Orange Chicken Rice/Vegs/Milk/Juice Salad Bar Fruit & Veggies			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.