

West Oso Independent School District Lunch Menu



WEEK OF OCT 26 THRU 30 2009

BREAKFAST									
Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.
Honey Buns	270	Pig in a Blanket	160	Chorizo & Egg Wheat Sliced Bread		Waffles w/ Syrup	120	Oat Meal	140
Toast w/ Jelly	60	Toast w/ Jelly	60	Toast w/ Jelly	60	Toast w/ Jelly	60	Toast w/ Jelly	60
Cereal	100	Cereal	100	Toast w/ Jelly	60	Cereal	100	Cereal	100
Orange Juice	50	Orange Juice	50	Cereal	100	Orange Juice	50	Orange Juice	50
Choice of Milk		Choice of Milk		Orange Juice	50	Choice of Milk		Choice of Milk	
				Choice of Milk					



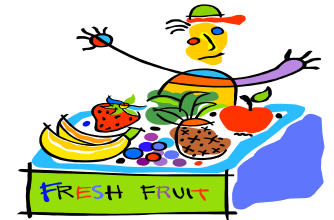
LUNCH									
Monday		Tuesday		Wednesday		Thursday		Friday	
Burritos w/ Chili	308	Chicken Nuggets	240	Hamburger Steak	203	Spaghetti w/ Meat Sauce	288	Pork Rib on a Bun	133
Tator Tots	112	Mashed Potatoes	120	White Rice		Green Beans	38	Baked Beans	160
Mixed Vegetables	38	Steamed Broccoli	38	Sliced Carrots	38	Toss Salad	5	Whole Corn	38
Diced Pears	89	Mixed Fruit	89	Sliced Peaches	89	Pink Apple Sauce	89	Apple Crisp	192
Ketchup	14	Hot Rolls	174	Hot Rolls	174	Garlic Bread	174	B-B-Q Sauce	
Choice of Milk		Choice of Milk		Choice of Milk		Choice of Milk		Choice of Milk	

NOTE: Menus are subject to change

"In accordance with the Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability."

Food for Thought!

Fruits and vegetables help keep you healthy and reduce risk of disease. They are naturally low in calories, fat and sodium, cholesterol-free and generally rich in vitamin A, vitamin C, and dietary fiber.



HAVE A FUN AND SAFE
HALLOWEEN NIGHT



Happy Halloween