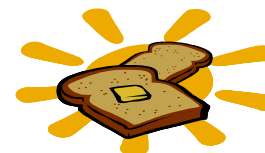


West Oso Independent School District Lunch Menu



WEEK OF JULY 13 thru 17, 2009

BREAKFAST

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.
Fench Toast		Bacon & Egg		Ham & Egg		Potato & Egg		Sausage & Egg	
Toast w/ jelly		Toast w/ jelly		Toast w/Jelly		Toast w/Jelly		Toast w/ jelly	
Cereal		Cereal		Cereal		Cereal		Cereal	
Orange Juice		Orange Juice		Orange Juice		Orange Juice		Orange Juice	
Choice of Mlik		Choice of Milk		Choice of Milk		Choice of Milk		Choice of Milk	

Food for Thought!

The Food Guide Pyramid. The pyramid shows the kinds of foods you should eat (and in what proportions) to look and feel your best. The goal: Eat more of the foods at the base, while limiting fat to less than 30 percent of total calorie intake.



LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dogs	Chicken Fried Steak	Burritoos w/ Chili	Chicken Nuggets	Ham & Cheese Sandwiches
French Fries	Mashed Potatoes	Tator Tots	Mashed Potato	Lettuce & tomatoes
Green Peas	Green Beans	Mixed Vegetables	Broccoli	Chips
Diced Pears	Mixed Fruit	Pineapple Tidbits	Sliced Peaches	Pink Applesauce
Choice of Milk	Hot Rolls	Choice of Milk	Hot Rolls	Mayo/ Mustard
	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."