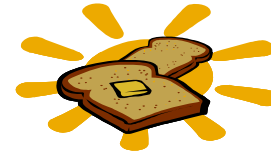


West Oso Independent School District Lunch Menu



WEEK OF JULY 6 THRU 10, 2009

BREAKFAST

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.
Toast w/ jelly		Toast w/ Jelly		Potato w/ egg		Pig un a Blanket			
Cereal		Cereal		Toast w/Jelly		Toast w/Jelly		Manager's	
Orange Juice		Orange Juice		Cereal		Cereal		Choice	
Choice of Milk		Choice of Milk		Orange Juice		Orange Juice			
				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
Cheese Burger	Corn Dogs	Beef Taco Pie	Chicken Pattie	
French Fries	Green Peas	Spanish Rice	Mashed Potato	Manager's
Burger Salad	Sliced Carrots	Mexican Corn	Green Beans	Choice
Diced Pears	Pink Applesauce	Lettuce & Tomato	Mixed Fruit	
Choice of Milk	Ketchup/Mustard	Choice of Milk	Hot Rolls	
	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."