

West Oso Independent School District Lunch Menu



WEEK OF JUNE 15 THRU 19, 2009

BREAKFAST									
Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.
Oat Meal	140	SUPER DOUGHNUTS	0	Potatoes & Egg		PANCAKE /w SYRUP	0	Cream of Wheat	140
Toast w/ Jelly	60	Toast w/ Jelly	60	White Sliced Bread	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					

Food for Thought!

Dairy foods are among the best sources of calcium for building and maintaining strong bones and healthy teeth. Aim for three servings of calcium-rich foods every day (no matter what your age). Select lower-fat cheese, non-fat yogurt and the new drinkable and frozen yogurts.



LUNCH									
Monday		Tuesday		Wednesday		Thursday		Friday	
BURRITOS /w CHILI		HAMBURGER STEAK		BEAN CHALUPAS		CHICKEN POT PIE	240	HAM & CHEESE SANDWICHES	
TATOR TOTS		Scalloped Potatoes		Spanish Rice	382	Mixed Vegetables	120	CORN CHIPS	
Green Peas	36	Green Beans	38	MEXICAN CORN		Diced Pears	38	FRESH FRUITS	
Pink Apple Sauce	89	Mixed Fruit	89	Lettuce & Tomatoes	5	Hot Rolls	89	LETTUCE & TOMATO	
Mustard	14	Hot Rolls	174	Pineapple Tibits	89	Choice of Milk	174	MAYO/ MUSTARD	
Choice of Milk		Choice of Milk		Choice of Milk				Choice of Milk	



NOTE: Menus are subject to change

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