

# West Oso Independent School District Lunch Menu



WEEK OF JUNE 22 THRU 26, 2009

## BREAKFAST

| Monday         | Cal. | Tuesday        | Cal. | Wednesday          | Cal. | Thursday       | Cal. | Friday         | Cal. |
|----------------|------|----------------|------|--------------------|------|----------------|------|----------------|------|
| Toast w/ Jelly | 60   | Muffin Squares |      | Bacon & Egg        |      | Honey Buns     |      | Toast w/Jelly  | 60   |
| Cereal         | 100  | Toast w/ Jelly | 60   | White Sliced Bread | 60   | Toast w/Jelly  | 60   | Cereal         | 100  |
| Orange Juice   | 50   | Cereal         | 100  | Toast w/ Jelly     | 60   | Cereal         | 100  | Orange Juice   | 50   |
| Choice of Milk |      | Orange Juice   | 50   | Cereal             | 100  | Orange Juice   | 50   | Choice of Milk |      |
|                |      | Choice of Milk |      | Orange Juice       | 50   | 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 Pizza          | Grilled Chicken Breast | Ham, Mac & Cheese | Spaghetti w/Meat Sauce | Tuna or Chicken salad sandwiches |
| Tator Tots            | Mashed Potatoes        | Steamed Broccoli  | Squash Medley          | Chips                            |
| Mixed Vegetables      | Green Beans            | Pink Applesauce   | Toss Salad             | Fresh Fruits                     |
| Diced Pears           | Sliced Peaches         | Hot Rolls         | Mixed Fruit            | Choice of Milk                   |
| Mayo/Mustard/ Ketchup | Hot Rolls              | Choice of Milk    | Cornbread Squares      |                                  |
| Choice of Milk        | Choice of Milk         |                   | Choice of Milk         |                                  |



**NOTE: Menus are subject to change**

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