

# West Oso Independent School District Lunch Menu



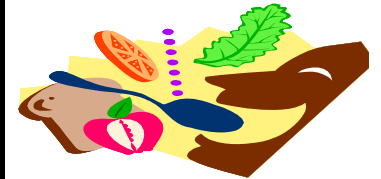
WEEK OF JUNE 28 THUR JULY 2, 2009

## BREAKFAST

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.
Toast w/ Jelly		Toast w/ Jelly		HAM & EGG		Toast w/Jelly			
Cereal		Cereal		Toast w/ Jelly		Cereal		NO	
Orange Juice		Orange Juice		Cereal		Orange Juice		SCHOOL	
Choice of Milk		Choice of Milk		Orange Juice		Choice of Milk			
				Choice of Milk					

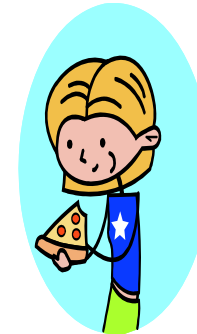
## Food for Thought!

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
Hot Dog W/ chili	Chicken Burgers	Meatloaf w/ Gravy	Turkey Sandwiches	
Tator Tots	French Fries	Mashed Potatoes	Chips	NO
Green Peas	Burger Salad	Green Beans	Lettuce & Tomatoe	SCHOOL
Pink Applesauce	Diced Pears	Sliced Peaches	Fruited Jello	
Ketchup	Ketchup / Mustard	Hot Rolls	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."