

# West Oso Independent School District Lunch Menu



WEEK OF SEPT 6 THRU 10 2010

## BREAKFAST

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.
" NO SCHOOL "		Toast w/ Jelly	60	Chorizo & Egg		French Toast	140	Oat Meal	140
Labor Day		Cereal	100	Toast w/ Jelly	60	Toast w/Jelly	60	Toast w/ Jelly	60
		Orange Juice	50	Cereal	100	Cereal	100	Cereal	100
		Choice of Milk		Orange Juice	50	Orange Juice	50	Orange Juice	50
				Choice of Milk		Choice of Milk		Choice of Milk	

## Food for Thought!

Looking at where calories come from. Not all calories are created equal! Bite for bite, complex carbs like those in grain foods have four calories per grams whereas fat has nine



## LUNCH

Monday		Tuesday		Wednesday		Thursday		Friday	
Labor Day		Chicken Nuggets	240	Burritos w/ Chili	308	Mac & Cheese Ham Casserole	341	Cheese Burgers	534
		Mashed Potatoes	120	Tator Tots Mixed	112	Steamed Broccoli	38	French Fries	112
		Green Beans	38	Vegetables	38	Fruited Jell-O	89	Burger Salad	5
		Green Apple Sauce	89	Mixed Fruit	89	Hot Rolls	174	Sliced Peaches	89
		Hot Rolls	174	Ketchup	14	Choice of Milk		Mustard, Mayo, Ketchup	14
		Choice of Milk		Choice of Milk				Choice of Milk	



NOTE: Menus are subject to change

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