

Mary C. O'Brien Elementary Schools May 2019



Monday

Tuesday

Wednesday

Thursday

Friday

<p align="center">Breakfast</p> <p>Pancake and or sausage Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p align="center">Breakfast</p> <p>Cinnamon swirl or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p align="center">Breakfast</p> <p>Peanut butter and jelly s/w or Breakfast burrito or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p align="center">Breakfast</p> <p>Cinnamon swirl or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p align="center">Breakfast</p> <p>Waffle and or sausage or Cereal and or toast w/jelly Fruit / Juice / Milk</p>																				
		<p align="center">01 Lunch</p> <p>Tacos / rice or bean burrito Beans / Corn Fruit / Juice / Milk</p>	<p align="center">02 Lunch</p> <p>Spaghetti, cookie Broccoli / green beans Fruit / Juice / Milk</p>	<p align="center">03 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p align="center">06</p> <p>Corndog Potatoes / green peas Fruit / Juice / Milk</p>	<p align="center">07 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p align="center">08 Lunch</p> <p>Tacos / rice or bean burrito Beans / Corn Fruit / Juice / Milk</p>	<p align="center">09 Lunch</p> <p>Spaghetti, cookie Broccoli / green beans Fruit / Juice / Milk</p>	<p align="center">10 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p align="center">13 Lunch</p> <p>Hot dog Potatoes / green peas Fruit / Juice / Milk</p>	<p align="center">14 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p align="center">15 Lunch</p> <p>Tacos / rice or bean burrito Beans / Corn Fruit / Juice / Milk</p>	<p align="center">16 Lunch</p> <p>Spaghetti, cookie Broccoli / green beans Fruit / Juice / Milk</p>	<p align="center">17 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p align="center">20</p> <p>Cheese burger Potatoes / green peas Fruit / Juice / Milk</p>	<p align="center">21 Lunch</p> <p>Ham and cheese s/w Veggies Fruit / Juice / Milk</p>	<p align="center">22 Lunch</p> <p>Tacos / rice or bean burrito Beans / Corn Fruit / Juice / Milk</p>	<p align="center">23 Lunch</p> <p>Ranch chicken strips/ Cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p align="center">24</p>																				
<p align="center">27</p>	<p align="center">28</p>	<p align="center">29</p>	<p align="center">30</p>	<p align="center">31</p>																				
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p align="center">Breakfast Menu Nutrient AVG</p> <table border="0"> <tr><td>Calories</td><td>430</td></tr> <tr><td>Sodium (mg)</td><td>447</td></tr> <tr><td>Total Fat (g)</td><td>6.91</td></tr> <tr><td>Saturated Fat (g)</td><td>1.27</td></tr> <tr><td>Trans Fat¹ (g)</td><td>0.00</td></tr> </table>	Calories	430	Sodium (mg)	447	Total Fat (g)	6.91	Saturated Fat (g)	1.27	Trans Fat ¹ (g)	0.00	<p align="center">Lunch Menu Nutrient AVG</p> <table border="0"> <tr><td>Calories</td><td>615</td></tr> <tr><td>Sodium (mg)</td><td>1046</td></tr> <tr><td>Total Fat (g)</td><td>16.52</td></tr> <tr><td>Saturated Fat (g)</td><td>4.83</td></tr> <tr><td>Trans Fat¹ (g)</td><td>0.00</td></tr> </table>	Calories	615	Sodium (mg)	1046	Total Fat (g)	16.52	Saturated Fat (g)	4.83	Trans Fat ¹ (g)	0.00	
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Assorted fruit, juice, fat free chocolate and 1% white milk available for breakfast and lunch / Menu items subject to change due to availability
 USDA is an equal opportunity provider and employer