

Mary C. O'Brien Elementary Schools June 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>Waffle 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>03 Lunch Hot dog Baked beans / veggies Fruit / Juice / Milk</p>	<p>04 Lunch Ranch chicken strips Corn / Veggies Fruit / Juice / Milk</p>	<p>05 Lunch Hamburger Potatoes / veggies Fruit / Juice / Milk</p>	<p>06 Lunch Pizza Veggies Fruit / Juice / Milk</p>	<p>07</p>																				
<p>10 Lunch Corndog Baked beans / veggies Fruit / Juice / Milk</p>	<p>11 Lunch Ranch chicken strips Corn / Veggies Fruit / Juice / Milk</p>	<p>12 Lunch Hamburger Potatoes / veggies Fruit / Juice / Milk</p>	<p>13 Lunch Pizza Veggies Fruit / Juice / Milk</p>	<p>14</p>																				
<p>17 Hot dog Baked beans / veggies Fruit / Juice / Milk</p>	<p>18 Lunch Potatoes / Veggies Fruit / Juice / Milk</p>	<p>19 Lunch Hamburger Potatoes / veggies Fruit / Juice / Milk</p>	<p>20 Lunch Pizza Veggies Fruit / Juice / Milk</p>	<p>21</p>																				
<p>24 Lunch Corndog Baked beans / veggies Fruit / Juice / Milk</p>	<p>25 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>26 Lunch Hamburger Potatoes / veggies Fruit / Juice / Milk</p>	<p>27 Lunch Pizza Veggies Fruit / Juice / Milk</p>	<p>28</p>																				
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p>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>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	
Calories	430																							
Sodium (mg)	447																							
Total Fat (g)	6.91																							
Saturated Fat (g)	1.27																							
Trans Fat ¹ (g)	0.00																							
Calories	615																							
Sodium (mg)	1046																							
Total Fat (g)	16.52																							
Saturated Fat (g)	4.83																							
Trans Fat ¹ (g)	0.00																							

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