

# Mary C. O'Brien Elementary Schools December 2019



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Breakfast</b> Pancake and or sausage Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Cinnamon swirl or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Peanut butter and jelly s/w or Breakfast burrito or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Cinnamon swirl or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Waffle and or sausage or Cereal and or toast w/jelly Fruit / Juice / Milk</p>																				
<p><b>02</b> Corndog Potatoes / green peas Fruit / Juice / Milk</p>	<p><b>03</b> <b>Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>04</b> <b>Lunch</b> Taco / rice or bean &amp; cheese burrito Beans / Corn Fruit / Juice / Milk</p>	<p><b>05</b> <b>Lunch</b> Mac and cheese /cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p><b>06</b> <b>Lunch</b> Pizza Veggies Fruit / Juice / Milk</p>																				
<p><b>09</b> <b>Lunch</b> Hot dog Potatoes / green peas Fruit / Juice / Milk</p>	<p><b>10</b> <b>Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>11</b> <b>Lunch</b> Taco / rice or chicken, rice burrito Beans / Corn Fruit / Juice / Milk</p>	<p><b>12</b> <b>Lunch</b> Spaghetti, cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p><b>13</b> <b>Lunch</b> Pizza Veggies Fruit / Juice / Milk</p>																				
<p><b>16</b> Corndog Potatoes / green peas Fruit / Juice / Milk</p>	<p><b>17</b> <b>Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>18</b> <b>Lunch</b> Roast turkey and mashed potatoes/gravy Mix veggies / sugar cookie Fruit / Juice / Milk</p>	<p><b>19</b> <b>Lunch</b> Spaghetti, cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p><b>20</b> <b>Lunch</b> Pizza Veggies Fruit / Juice / Milk</p>																				
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	<p>A healthy diet and exercise are KEY to being fit!</p>	<p><b>Breakfast Menu Nutrient AVG</b></p> <table border="0"> <tr><td>Calories</td><td>423</td></tr> <tr><td>Sodium (mg)</td><td>429</td></tr> <tr><td>Total Fat (g)</td><td>4.4</td></tr> <tr><td>Saturated Fat (g)</td><td>1.38</td></tr> <tr><td>Trans Fat<sup>1</sup> (g)</td><td>0.00</td></tr> </table>	Calories	423	Sodium (mg)	429	Total Fat (g)	4.4	Saturated Fat (g)	1.38	Trans Fat <sup>1</sup> (g)	0.00	<p><b>Lunch Menu Nutrient AVG</b></p> <table border="0"> <tr><td>Calories</td><td>624</td></tr> <tr><td>Sodium (mg)</td><td>917</td></tr> <tr><td>Total Fat (g)</td><td>13</td></tr> <tr><td>Saturated Fat (g)</td><td>3.86</td></tr> <tr><td>Trans Fat<sup>1</sup> (g)</td><td>0.00</td></tr> </table>	Calories	624	Sodium (mg)	917	Total Fat (g)	13	Saturated Fat (g)	3.86	Trans Fat <sup>1</sup> (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