

Mary C. O'Brien Elementary Schools November 2019



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Pancake and or sausage Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Cinnamon swirl or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Peanut butter and jelly s/w or Breakfast burrito or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Cinnamon swirl or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Waffle and or sausage or Cereal and or toast w/jelly Fruit / Juice / Milk</p>
				<p>01 Lunch Pizza Veggies Fruit / Juice / Milk</p>
<p>04 Corndog Potatoes / green peas Fruit / Juice / Milk</p>	<p>05 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>06 Lunch Taco / rice or bean & cheese burrito Beans / Corn Fruit / Juice / Milk</p>	<p>07 Lunch Spaghetti, cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>08 Lunch Pizza Veggies Fruit / Juice / Milk</p>
<p>11 No School!</p>	<p>12 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>13 Lunch Chicken burrito or beans & cheese burrito Beans / Corn Fruit / Juice / Milk</p>	<p>14 Lunch Hamburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>15 Lunch Pizza Veggies Fruit / Juice / Milk</p>
<p>18 Corndog Potatoes / green peas Fruit / Juice / Milk</p>	<p>19 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>20 Lunch Taco / rice or bean & cheese burrito Beans / Corn Fruit / Juice / Milk</p>	<p>21 Lunch Spaghetti, cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>22 Lunch Pizza Veggies Fruit / Juice / Milk</p>
<p>25 Lunch Hot dog Potatoes / green peas Fruit / Juice / Milk</p>	<p>26 Lunch Roast turkey and mashed potatoes/gravy Mix veggies / sugar cookie Fruit / Juice / Milk</p>	<p>27 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>28 No School!</p>	<p>29 No School!</p>
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p>Breakfast Menu Nutrient AVG Calories 423 Sodium (mg) 429 Total Fat (g) 4.4 Saturated Fat (g) 1.38 Trans Fat¹ (g) 0.00</p>	<p>Lunch Menu Nutrient AVG Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat¹ (g) 0.00</p>	

Assorted fruit, juice, fat free chocolate and 1% white milk available for breakfast and lunch / Menu items subject to change due to availability
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