

# Mary C. O'Brien Elementary Schools September 2019



Monday

Tuesday

Wednesday

Thursday

Friday

<p align="center"><b>Breakfast</b></p> <p>Pancake <b>and</b> or sausage Cereal <b>and</b> or toast w/jelly Fruit / Juice / Milk</p>	<p align="center"><b>Breakfast</b></p> <p>Cinnamon swirl <b>or</b> Cereal <b>and</b> or toast w/jelly Fruit / Juice / Milk</p>	<p align="center"><b>Breakfast</b></p> <p>Peanut butter and jelly s/w <b>or</b> Breakfast burrito <b>or</b> Cereal <b>and</b> or toast w/jelly Fruit / Juice / Milk</p>	<p align="center"><b>Breakfast</b></p> <p>Cinnamon swirl <b>or</b> Cereal <b>and</b> or toast w/jelly Fruit / Juice / Milk</p>	<p align="center"><b>Breakfast</b></p> <p>Waffle <b>and</b> or sausage or Cereal <b>and</b> or toast w/jelly Fruit / Juice / Milk</p>
<p align="center"><b>02</b></p> <p align="center">No School!</p>	<p align="center"><b>03 Lunch</b></p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p align="center"><b>04 Lunch</b></p> <p>Taco / rice Beans / Corn Fruit / Juice / Milk</p>	<p align="center"><b>05 Lunch</b></p> <p>Spaghetti, cookie Broccoli / green beans Fruit / Juice / Milk</p>	<p align="center"><b>06 Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p align="center"><b>09 Lunch</b></p> <p>Hot dog Potatoes / green peas Fruit / Juice / Milk</p>	<p align="center"><b>10 Lunch</b></p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p align="center"><b>11 Lunch</b></p> <p>Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p align="center"><b>12 Lunch</b></p> <p>Hamburger Broccoli / green beans Fruit / Juice / Milk</p>	<p align="center"><b>13 Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p align="center"><b>16</b></p> <p>Corndog Potatoes / green peas Fruit / Juice / Milk</p>	<p align="center"><b>17 Lunch</b></p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p align="center"><b>18 Lunch</b></p> <p>Taco / rice Beans / Corn Fruit / Juice / Milk</p>	<p align="center"><b>19 Lunch</b></p> <p>Spaghetti, cookie Broccoli / green beans Fruit / Juice / Milk</p>	<p align="center"><b>20</b></p> <p align="center">No School!</p>
<p align="center"><b>23 Lunch</b></p> <p>Hot dog Potatoes / green peas Fruit / Juice / Milk</p>	<p align="center"><b>24 Lunch</b></p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p align="center"><b>25 Lunch</b></p> <p>Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p align="center"><b>26 Lunch</b></p> <p>Hamburger Broccoli / green beans Fruit / Juice / Milk</p>	<p align="center"><b>27 Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p align="center"><b>30</b></p> <p>Corndog Potatoes / green peas Fruit / Juice / Milk</p>				
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p><b>Breakfast Menu Nutrient AVG</b></p> <p>Calories 423 Sodium (mg) 429 Total Fat (g) 4.4 Saturated Fat (g) 1.38 Trans Fat<sup>1</sup> (g) 0.00</p>	<p><b>Lunch Menu Nutrient AVG</b></p> <p>Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat<sup>1</sup> (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  
 USDA is an equal opportunity provider and employer