

# Mary C. O'Brien Elementary Schools October 2019

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Breakfast</b> Pancake <b>and</b> <b>or</b> sausage Cereal <b>and</b> <b>or</b> toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Cinnamon swirl <b>or</b> Cereal <b>and</b> <b>or</b> toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Peanut butter and jelly s/w <b>or</b> Breakfast burrito <b>or</b> Cereal <b>and</b> <b>or</b> toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Cinnamon swirl <b>or</b> Cereal <b>and</b> <b>or</b> toast w/jelly Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Waffle <b>and</b> <b>or</b> sausage <b>or</b> Cereal <b>and</b> <b>or</b> toast w/jelly Fruit / Juice / Milk</p>
	<p><b>01 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>02 Lunch</b> Taco / rice Beans / Corn Fruit / Juice / Milk</p>	<p><b>03 Lunch</b> Spaghetti, cookie Broccoli / green beans Fruit / Juice / Milk</p>	<p><b>04 Lunch</b> Pizza Veggies Fruit / Juice / Milk</p>
<p><b>07 Lunch</b> Hot dog Potatoes / green peas Fruit / Juice / Milk</p>	<p><b>08 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>09 Lunch</b> Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p><b>10 Lunch</b> Hamburger Broccoli / green beans Fruit / Juice / Milk</p>	<p><b>11 Lunch</b> Pizza Veggies Fruit / Juice / Milk</p>
<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b> ← FALL BREAK →</p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>21</b> Corndog Potatoes / green peas Fruit / Juice / Milk</p>	<p><b>22 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>23 Lunch</b> Taco / rice Beans / Corn Fruit / Juice / Milk</p>	<p><b>24 Lunch</b> Spaghetti, cookie Broccoli / green beans Fruit / Juice / Milk</p>	<p><b>25</b> Corndog Potatoes / green peas Fruit / Juice / Milk</p>
<p><b>28 Lunch</b> Hot dog Potatoes / green peas Fruit / Juice / Milk</p>	<p><b>29 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>30 Lunch</b> Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p><b>31 Lunch</b> Hamburger Broccoli / green beans Fruit / Juice / Milk</p>	
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p><b>Breakfast Menu Nutrient AVG</b> 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> 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  
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