

Mary C. O'Brien Elementary Schools April 2022



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast</p> <p>Pancakes or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Waffles or Cereal and or cheese stick Fruit / Juice / Milk</p>																				
				<p>01 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p>04 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>05 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>06 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>07 Lunch</p> <p>Spaghetti, cookie Broccoli / carrots Fruit / Juice / Milk</p>	<p>08 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p>11</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>12 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>13 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>14</p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p>15</p> <p>No School!</p>																				
<p>18 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>19 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>20 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>21</p> <p>Spaghetti, cookie Broccoli / carrots Fruit / Juice / Milk</p>	<p>22 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p>25</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>26 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>27 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>28</p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p>29 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</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>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 Fat¹ (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 ¹ (g)	0.00	<p>Lunch Menu Nutrient AVG</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 Fat¹ (g)</td><td>0.00</td></tr> </table>	Calories	624	Sodium (mg)	917	Total Fat (g)	13	Saturated Fat (g)	3.86	Trans Fat ¹ (g)	0.00	
Calories	423																							
Sodium (mg)	429																							
Total Fat (g)	4.4																							
Saturated Fat (g)	1.38																							
Trans Fat ¹ (g)	0.00																							
Calories	624																							
Sodium (mg)	917																							
Total Fat (g)	13																							
Saturated Fat (g)	3.86																							
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.