

Mary C. O'Brien Elementary School December 2022





Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Pancakes or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Waffles or Cereal and or cheese stick Fruit / Juice / Milk</p>
			<p>01 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>02 Lunch Pizza Veggies Fruit / Juice / Milk</p>
<p>05 Lunch Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>06 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>07 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>08 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>09 Lunch Pizza Veggies Fruit / Juice / Milk</p>
<p>12 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>13 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>14 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>15 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>16 Lunch Pizza Veggies Fruit / Juice / Milk</p>
<p>19 Lunch Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>20 Lunch Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk</p>	<p>21 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>22 No School!</p>	<p>23 No School!</p>
<p>26</p>	<p>27</p>	<p>28 ← Winter break →</p>	<p>29</p>	<p>30 </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.



USDA is an equal opportunity provider.