

# Mary C. O'Brien Elementary School February 2023





Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Breakfast</b></p> <p>Pancakes or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b></p> <p>Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b></p> <p>Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b></p> <p>Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b></p> <p>Waffles or Cereal and or cheese stick Fruit / Juice / Milk</p>
		<p>01 <b>Lunch</b></p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>02 <b>Lunch</b></p> <p>Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>03 <b>Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>06</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>07 <b>Lunch</b></p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>08 <b>Lunch</b></p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>09 <b>Lunch</b></p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>10 <b>Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>13 <b>Lunch</b></p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>14 <b>Lunch</b></p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>15 <b>Lunch</b></p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>16 <b>Lunch</b></p> <p>Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>17 <b>Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>20</p> <p>No School!</p>	<p>21 <b>Lunch</b></p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>22 <b>Lunch</b></p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>23 <b>Lunch</b></p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>24 <b>Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>27 <b>Lunch</b></p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>28 <b>Lunch</b></p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p><i>Happy Valentine's Day</i> Feb. 14,</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.