

Mary C. O'Brien Elementary School January 2023




Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pancakes or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast Waffles or Cereal and or cheese stick Fruit / Juice / Milk
			05 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	06 Lunch Pizza Veggies Fruit / Juice / Milk
09 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	10 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	11 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	12 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	13 Lunch Pizza Veggies Fruit / Juice / Milk
16 No School!	17 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	18 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	19 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	20 Lunch Pizza Veggies Fruit / Juice / Milk
23 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	24 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	25 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	26 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	27 Lunch Pizza Veggies Fruit / Juice / Milk
30 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	31 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk			
	A healthy diet and exercise are KEY to being fit!	Breakfast Menu Nutrient AVG Calories 423 Sodium (mg) 429 Total Fat (g) 4.4 Saturated Fat (g) 1.38 Trans Fat ¹ (g) 0.00	Lunch Menu Nutrient AVG 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.