

Mary C. O'Brien Elementary School November 2022




Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pancakes or Cereal and or cheese stick Fruit / Juice / Milk	Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk	Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Waffles or Cereal and or cheese stick Fruit / Juice / Milk
	01 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	02 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	03 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	04 Lunch Pizza Veggies Fruit / Juice / Milk
07 Corndog Carrots / green peas Fruit / Juice / Milk	08 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	09 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	10 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	11 No-school
14 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	15 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	16 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	17 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	18 Lunch Pizza Veggies Fruit / Juice / Milk
21 Corndog Carrots / green peas Fruit / Juice / Milk	22 Lunch Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk	23 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	24 No-school	25 No-school
28 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	29 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	30 Lunch Nachos or tacos Beans / Corn 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.