

# Mary C. O'Brien Elementary School October 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
03 Corndog Carrots / green peas Fruit / Juice / Milk	04 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	05 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	06 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	07 Lunch Cheeseburger Potatoes Fruit / Juice / Milk
10	11	←FALL BREAK→	13	14
17 Corndog Carrots / green peas Fruit / Juice / Milk	18 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	19 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	20 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	21 Pizza Veggies Fruit / Juice / Milk
24 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	25 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	26 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	27 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	28 Lunch Pizza Veggies Fruit / Juice / Milk
31 Corndog Carrots / green peas 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 <sup>1</sup> (g) 0.00	Lunch Menu Nutrient AVG Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat <sup>1</sup> (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.