

# Mary C. O'Brien Elementary School September 2022



Monday

Tuesday

Wednesday

Thursday

Friday

<b>Breakfast</b> Pancakes or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Waffles or Cereal and or cheese stick Fruit / Juice / Milk
			<b>01</b> Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	<b>02</b> <b>Lunch</b> Pizza Veggies Fruit / Juice / Milk
<b>05</b>  No School	<b>06</b> <b>Lunch</b> Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk	<b>07</b> <b>Lunch</b> Nachos or tacos Beans / Corn Fruit / Juice / Milk	<b>08</b> Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	<b>09</b> <b>Lunch</b> Pizza Veggies Fruit / Juice / Milk
<b>12</b> <b>Lunch</b> Hot dog Carrots / green peas Fruit / Juice / Milk	<b>13</b> <b>Lunch</b> Hamburger Potatoes / Veggies Fruit / Juice / Milk	<b>14</b> <b>Lunch</b> Nachos or tacos Beans / Corn Fruit / Juice / Milk	<b>15</b> Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	<b>16</b>  No School!
<b>19</b> Corn dog Carrots / green peas Fruit / Juice / Milk	<b>20</b> <b>Lunch</b> Ranch chicken strips / cookie Potatoes / Veggies Fruit / Juice / Milk	<b>21</b> <b>Lunch</b> Nachos or tacos Beans / Corn Fruit / Juice / Milk	<b>22</b> Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	<b>23</b> Pizza Veggies Fruit / Juice / Milk
<b>26</b> <b>Lunch</b> Hot dog Carrots / green peas Fruit / Juice / Milk	<b>27</b> <b>Lunch</b> Hamburger Potatoes / Veggies Fruit / Juice / Milk	<b>28</b> <b>Lunch</b> Nachos or tacos Beans / Corn Fruit / Juice / Milk	<b>29</b> Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	<b>30</b> <b>Lunch</b> Pizza Veggies Fruit / Juice / Milk
	A healthy diet and exercise are KEY to being fit!	<b>Breakfast Menu Nutrient AVG</b> Calories            423 Sodium (mg)      429 Total Fat (g)       4.4 Saturated Fat (g) 1.38 Trans Fat <sup>1</sup> (g)    0.00	<b>Lunch Menu Nutrient AVG</b> 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.