# DECEMBER MENU

## MARY C. O'BRIEN ELEMENTARY SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **BREAKFAST** | **BREAKFAST** | **BREAKFAST** | **BREAKFAST** | **BREAKFAST** |
| Pancakes or<br>Cereal and/or cheese stick<br>Fruit / Juice / Milk | Cinnamon swirl or<br>Cereal and/or cheese stick<br>Fruit / Juice / Milk | Peanut butter and jelly s/w or Cereal<br>and/or cheese stick<br>Fruit / Juice / Milk | Cinnamon swirl or Cereal<br>and/or cheese stick<br>Fruit / Juice / Milk | Waffles or Cereal<br>and/or cheese stick<br>Fruit / Juice / Milk |
| **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** |
| | 1<br>RANCH CHICKEN STRIPS<br>POTATOES / VEGGIES<br>FRUIT / JUICE / MILK | 2<br>NACHOS OR TACOS<br>BEANS / CORN<br>FRUIT / JUICE / MILK | 3<br>CHEESEBURGER<br>BROCCOLI / CARROTS<br>FRUIT / JUICE / MILK | 4<br>PIZZA<br>VEGGIES<br>FRUIT / JUICE / MILK |
| 7<br>HOT DOG<br>CARROTS / GREEN PEAS<br>FRUIT / JUICE / MILK | 8<br>CHEESEBURGER<br>POTATOES / VEGGIES<br>FRUIT / JUICE / MILK | 9<br>NACHOS OR TACOS<br>BEANS / CORN<br>FRUIT / JUICE / MILK | 10<br>SPAGHETTI / COOKIE<br>BROCCOLI / CARROTS<br>FRUIT / JUICE / MILK | 11<br>PIZZA<br>VEGGIES<br>FRUIT / JUICE / MILK |
| 14<br>CORNDOG<br>CARROTS / GREEN PEAS<br>FRUIT / JUICE / MILK | 15<br>RANCH CHICKEN STRIPS<br>POTATOES / VEGGIES<br>FRUIT / JUICE / MILK | 16<br>NACHOS OR TACOS<br>BEANS / CORN<br>FRUIT / JUICE / MILK | 17<br>CHEESEBURGER<br>BROCCOLI / CARROTS<br>FRUIT / JUICE / MILK | 18<br>PIZZA<br>VEGGIES<br>FRUIT / JUICE / MILK |
| 21<br>NO SCHOOL | 22<br>NO SCHOOL | 23<br>NO SCHOOL | 24<br>NO SCHOOL | 25<br>NO SCHOOL |
| 28<br>NO SCHOOL | 29<br>NO SCHOOL | 30<br>NO SCHOOL | 31<br>NO SCHOOL | |

**Winter Break!**

**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 |

Be HEALTHY eat HEALTHY

ASSORTED FRUIT, JUICE, FAT-FREE CHOCOLATE AND 1% WHITE MILK AVAILABLE FOR BREAKFAST AND LUNCH / MENU ITEMS SUBJECT TO CHANGE DUE TO AVAILABILITY.
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