

# Mary C. O'Brien Elementary School March 2024




Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast</p> <p>Pancakes or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast</p> <p>Waffles or Cereal and or cheese stick Fruit / Juice / Milk</p>																				
				<p>01 Lunch</p> <p>Corndog Veggies Fruit / Juice / Milk</p>																				
<p>04</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>05 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>06 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>07 Lunch</p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>08 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p>11</p>	<p>12</p>	<p>13</p> <p>←SPRING BREAK→</p>	<p>14</p>	<p>15</p>																				
<p>18</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>19 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>20 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>21 Lunch</p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>22 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
<p>25 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>26 Lunch</p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>27 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>28 Lunch</p> <p>Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>29 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>																				
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p>Breakfast Menu Nutrient AVG</p> <table border="1"> <tbody> <tr><td>Calories</td><td>423</td></tr> <tr><td>Sodium (mg)</td><td>429</td></tr> <tr><td>Total Fat (g)</td><td>4.4</td></tr> <tr><td>Saturated Fat (g)</td><td>1.38</td></tr> <tr><td>Trans Fat' (g)</td><td>0.00</td></tr> </tbody> </table>	Calories	423	Sodium (mg)	429	Total Fat (g)	4.4	Saturated Fat (g)	1.38	Trans Fat' (g)	0.00	<p>Lunch Menu Nutrient AVG</p> <table border="1"> <tbody> <tr><td>Calories</td><td>624</td></tr> <tr><td>Sodium (mg)</td><td>917</td></tr> <tr><td>Total Fat (g)</td><td>13</td></tr> <tr><td>Saturated Fat (g)</td><td>3.86</td></tr> <tr><td>Trans Fat' (g)</td><td>0.00</td></tr> </tbody> </table>	Calories	624	Sodium (mg)	917	Total Fat (g)	13	Saturated Fat (g)	3.86	Trans Fat' (g)	0.00	
Calories	423																							
Sodium (mg)	429																							
Total Fat (g)	4.4																							
Saturated Fat (g)	1.38																							
Trans Fat' (g)	0.00																							
Calories	624																							
Sodium (mg)	917																							
Total Fat (g)	13																							
Saturated Fat (g)	3.86																							
Trans Fat' (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.