

Mary C. O'Brien Elementary School November 2025

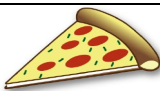
Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Pancakes or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Breakfast 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 Cheeseburger Broccoli / Green beans/Carrots Fruit / Juice / Milk	07 Lunch Pizza Veggies Fruit / Juice / Milk!
10 Corndog Carrots / green peas Fruit / Juice / Milk	11 Veteran's day!	12 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	13 Lunch Spaghetti / Cookie Broccoli / Green beans/Carrots Fruit / Juice / Milk	14 Lunch Pizza Veggies Fruit / Juice / Milk
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 / Green beans/Carrots Fruit / Juice / Milk	21 Lunch Pizza Veggies Fruit / Juice / Milk
24 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	25 Lunch Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk	26 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	27 No School!	28 No School!
	A healthy diet and exercise are KEY to being fit!	Breakfast Menu Nutrient AVG Calories 463 Sodium (mg) 472 Total Fat (g) 6.61 Saturated Fat (g) 2.98 Trans Fat' (g) 0.00	Lunch Menu Nutrient AVG Calories 619 Sodium (mg) 790 Total Fat (g) 14.24 Saturated Fat (g) 4.71 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.

