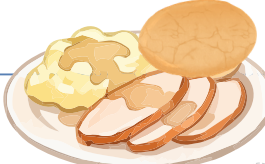
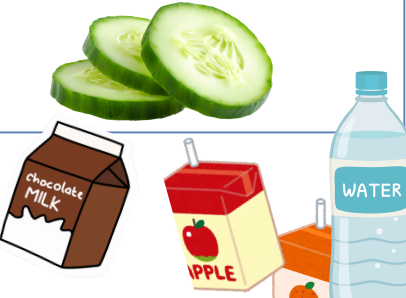


NOVEMBER MENU

MARY C. O'BRIEN
ELEMENTARY SCHOOL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes 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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2 HOTDOG POTATOES /CARROTS FRUIT / JUICE / MILK	3 RANCH CHICKEN STRIPS POTATOES / VEGGIES FRUIT / JUICE / MILK	4 TACOS / RICE BEANS / CORN FRUIT / JUICE / MILK	5 HAMBURGER BROCCOLI / POTATOES / CARROTS FRUIT / JUICE / MILK	6 PIZZA VEGGIES FRUIT / JUICE / MILK!
9 CORNDOG POTATOES / CARROTS FRUIT / JUICE / MILK	10 RANCH CHICKEN STRIPS POTATOES / VEGGIES FRUIT / JUICE / MILK	11 NO SCHOOL	12 SPAGHETTI / COOKIE BROCCOLI / CARROTS FRUIT / JUICE / MILK	13 PIZZA VEGGIES FRUIT / JUICE / MILK!
16 HOTDOG POTATOES /CARROTS FRUIT / JUICE / MILK	17 RANCH CHICKEN STRIPS POTATOES / VEGGIES FRUIT / JUICE / MILK	18 TACOS / RICE BEANS / CORN FRUIT / JUICE / MILK	19 HAMBURGER BROCCOLI / POTATOES / CARROTS FRUIT / JUICE / MILK	20 PIZZA VEGGIES FRUIT / JUICE / MILK!
23 HOTDOG POTATOES /CARROTS FRUIT / JUICE / MILK	24 ROASTED TURKEY-MASHED POTATOES W. GRAVY MIXED VEG. / SUGAR COOKIE FRUIT / JUICE / MILK	25 RANCH CHICKEN STRIPS POTATOES / VEGGIES FRUIT / JUICE / MILK	26 NO SCHOOL	27 NO SCHOOL
30 CORNDOG POTATOES / CARROTS FRUIT / JUICE / MILK				
A HEALTHY DIET AND EXERCISE ARE KEY TO BEING FIT!	 eat MORE VEGGIES	 Breakfast Menu Nutrient AVG Calories 467 Sodium (mg) 460 Total Fat (g) 7.36 Saturated Fat (g) 3.24 Trans Fat¹ (g) 0.00	 HAPPY Thanksgiving Lunch Menu Nutrient AVG Calories 638 Sodium (mg) 848 Total Fat (g) 15.25 Saturated Fat (g) 4.90 Trans Fat¹ (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.

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