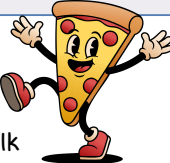




OCTOBER MENU



**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 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
			¹ Hamburger Potatoes / Broccoli / Carrots Fruit / Juice / Milk	² Pizza Veggies Fruit / Juice / Milk
⁵ Fall Break	⁶ Fall Break	⁷ Fall Break	⁸ Fall Break	⁹ Fall Break
¹² Corndog Potatoes/Carrots Fruit / Juice / Milk 	¹³ Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk 	¹⁴ Tacos/rice Beans / Corn Fruit / Juice / Milk 	¹⁵ Spaghetti / Cookies Broccoli / Carrot Fruit / Juice / Milk 	¹⁶ Pizza Veggies Fruit / Juice / Milk 
¹⁹ Hotdog Potatoes / Carrots Fruit / Juice / Milk	²⁰ Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	²¹ Tacos/rice Beans / Corn Fruit / Juice / Milk	²² Hamburger Potatoes / Broccoli / Carrots Fruit / Juice / Milk	²³ Pizza Veggies Fruit / Juice / Milk
²⁶ Corndog Potatoes / Carrots Fruit / Juice / Milk	²⁷ Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	²⁸ Tacos/rice Beans / Corn Fruit / Juice / Milk	²⁹ Spaghetti / Cookies Broccoli / Carrot Fruit / Juice / Milk	³⁰ Pizza Veggies Fruit / Juice / Milk
 A HEALTHY DIET AND EXERCISE ARE KEY TO BEING FIT!		Breakfast Menu Nutrient AVG Calories 467 Sodium (mg) 460 Total Fat (g) 7.36 Saturated Fat (g) 3.24 Trans Fat ¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 638 Sodium (mg) 848 Total Fat (g) 15.25 Saturated Fat (g) 4.90 Trans Fat ¹ (g) 0.00	Choice of: Ham and Cheese s/w Peanut butter & Jelly s/w

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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