

Mary C. O'Brien Elementary School August 2022




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>
	02	03	04 Hamburger Beans / Corn Fruit / Juice / Milk	05 Lunch Pizza Veggies Fruit / Juice / Milk
08 Corndog Carrots / green peas Fruit / Juice / Milk	09 Lunch Ranch chicken strips / Cookie Broccoli / Carrots Fruit / Juice / Milk	10 Lunch Hamburger Beans / Corn Fruit / Juice / Milk	11 Ham and Cheese s/w Green beans / Broccoli / carrots Fruit / Juice / Milk	12 Lunch Hot dog Corn / Broccoli Fruit / Juice / Milk
15 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	16 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	17 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	18 Spaghetti / Cookies Broccoli / Green beans / Carrots Fruit / Juice / Milk	19 Lunch Pizza Veggies Fruit / Juice / Milk
22 Corndog Carrots / green peas Fruit / Juice / Milk	23 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	24 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	25 Hamburger Beans / Corn Fruit / Juice / Milk	26 Hot dog Corn / Broccoli Fruit / Juice / Milk
29 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	30 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	31 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk		
	A healthy diet and exercise are KEY to being fit!	<p>Breakfast Menu Nutrient AVG</p> <p>Calories 423 Sodium (mg) 429 Total Fat (g) 4.4 Saturated Fat (g) 1.38 Trans Fat¹ (g) 0.00</p>	<p>Lunch Menu Nutrient AVG</p> <p>Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat¹ (g) 0.00</p>	

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.