

Mary C. O'Brien Elementary Schools March 2022



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
	01 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	02 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	03 Lunch Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk	04 Lunch Pizza Veggies Fruit / Juice / Milk
07 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	08 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	09 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	10 Lunch Spaghetti, cookie Broccoli / carrots Fruit / Juice / Milk	11 Lunch Pizza Veggies Fruit / Juice / Milk
14	15	16 ←Spring break→	17	18
21 Corndog Carrots / green peas Fruit / Juice / Milk	22 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	23 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	24 Lunch Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk	25 Lunch Pizza Veggies Fruit / Juice / Milk
28 Hotdog Carrots / green peas Fruit / Juice / Milk	29 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	30 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	31 Lunch Spaghetti, cookie Broccoli / carrots Fruit / Juice / Milk	
	A healthy diet and exercise are KEY to being fit!	Breakfast Menu Nutrient AVG Calories 423 Sodium (mg) 429 Total Fat (g) 4.4 Saturated Fat (g) 1.38 Trans Fat ¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat ¹ (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.