

Mary C. O'Brien Elementary Schools May 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>
<p>02 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>03 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>04 Lunch</p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p>05</p> <p>Tacos Beans / Corn Fruit / Juice / Milk</p>	<p>06 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>09</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>10 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>11 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>12</p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p>13 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>16 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>17 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>18 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>19</p> <p>Spaghetti, cookie Broccoli / carrots Fruit / Juice / Milk</p>	<p>20 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>23</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>24 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>25 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>26</p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p>27</p>
<p>30</p>		<p>Happy Cinco de Mayo!</p>		
	<p>A healthy diet and exercise are KEY to being fit!</p>	<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.