Mary C. O'Brien Elementary School November 2024

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 Pizza Veggies Fruit / Juice / Milk
04 Corndog Carrots / green peas Fruit / Juice / Milk	**05** Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	**06** Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	**07** Lunch Cheeseburger Broccoli /Green beans/Carrots Fruit / Juice / Milk	**08** Lunch Pizza Veggies Fruit / Juice / Milk!
11 **Veteran's day!**	**12** Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	**13** Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	**14** Lunch Spaghetti / Cookie Broccoli / Green beans/Carrots Fruit / Juice / Milk	**15** Lunch Pizza Veggies Fruit / Juice / Milk
18 Corndog Carrots / green peas Fruit / Juice / Milk	**19** Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	**20** Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	**21** Lunch Cheeseburger Broccoli / Green beans/Carrots Fruit / Juice / Milk	**22** Lunch Pizza Veggies Fruit / Juice / Milk
25 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	**26** Lunch Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk	**27** Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	**28** No School!	**29** No School!
	A healthy diet and exercise are KEY to being fit!	**Breakfast Menu Nutrient AVG** Calories 463 Sodium (mg) 472 Total Fat (g) 6.61 Saturated Fat (g) 2.98 Trans Fat[1] (g) 0.00	**Lunch Menu Nutrient AVG** Calories 619 Sodium (mg) 790 Total Fat (g) 14.24 Saturated Fat (g) 4.71 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.