

Mary C. O'Brien Elementary School September 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 Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	02 Lunch Pizza Veggies Fruit / Juice / Milk
05 No School	06 Lunch Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk	07 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	08 Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	09 Lunch Pizza Veggies Fruit / Juice / Milk
12 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	13 Lunch Hamburger Potatoes / Veggies Fruit / Juice / Milk	14 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	15 Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	16 No School!
19 Corn dog Carrots / green peas Fruit / Juice / Milk	20 Lunch Ranch chicken strips / cookie Potatoes / Veggies Fruit / Juice / Milk	21 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	22 Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	23 Pizza Veggies Fruit / Juice / Milk
26 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	27 Lunch Hamburger Potatoes / Veggies Fruit / Juice / Milk	28 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	29 Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	30 Lunch Pizza Veggies 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.