

Mary C. O'Brien Elementary School October 2023



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Pancakes or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Waffles or Cereal and or cheese stick Fruit / Juice / Milk</p>																				
<p>02 Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>03 Lunch Chicken burger \ Spicy chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>04 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>05 Lunch Pizza Veggies Fruit / Juice / Milk</p>	<p>06 Hamburger Potatoes Fruit / Juice / Milk</p>																				
<p>09</p>	<p>10</p>	<p>11 ←FALL BREAK→</p>	<p>12</p>	<p>13</p>																				
<p>16 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>17 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>18 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>19 Hamburger Beans / Corn Fruit / Juice / Milk</p>	<p>20 Pizza Veggies Fruit / Juice / Milk</p>																				
<p>23 Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>24 Lunch Hamburger Beans / Corn Fruit / Juice / Milk</p>	<p>25 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>26 Spaghetti / Cookies Broccoli / Green beans / Carrots Fruit / Juice / Milk</p>	<p>27 Pizza Veggies Fruit / Juice / Milk</p>																				
<p>30 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>31 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>																							
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p>Breakfast Menu Nutrient AVG</p> <table border="0"> <tr><td>Calories</td><td>423</td></tr> <tr><td>Sodium (mg)</td><td>429</td></tr> <tr><td>Total Fat (g)</td><td>4.4</td></tr> <tr><td>Saturated Fat (g)</td><td>1.38</td></tr> <tr><td>Trans Fat¹ (g)</td><td>0.00</td></tr> </table>	Calories	423	Sodium (mg)	429	Total Fat (g)	4.4	Saturated Fat (g)	1.38	Trans Fat ¹ (g)	0.00	<p>Lunch Menu Nutrient AVG</p> <table border="0"> <tr><td>Calories</td><td>624</td></tr> <tr><td>Sodium (mg)</td><td>917</td></tr> <tr><td>Total Fat (g)</td><td>13</td></tr> <tr><td>Saturated Fat (g)</td><td>3.86</td></tr> <tr><td>Trans Fat¹ (g)</td><td>0.00</td></tr> </table>	Calories	624	Sodium (mg)	917	Total Fat (g)	13	Saturated Fat (g)	3.86	Trans Fat ¹ (g)	0.00	
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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.

