

# Mary C. O'Brien Elementary School - October 2024



Monday

Tuesday

Wednesday

Thursday

Friday

<b>Breakfast</b> Pancakes or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Waffles or Cereal and or cheese stick Fruit / Juice / Milk
	<b>01 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	<b>02 Lunch</b> Tacos/rice Beans / Corn Fruit / Juice / Milk	<b>03 Lunch</b> Pizza Veggies Fruit / Juice / Milk	<b>04 Hamburger</b> Potatoes Fruit / Juice / Milk
07	08	09 ←FALL BREAK→	10	11
<b>14 Lunch</b> Corn dog Carrots / green peas Fruit / Juice / Milk	<b>15 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	<b>16 Lunch</b> Tacos/rice Beans / Corn Fruit / Juice / Milk	<b>17 Spaghetti / Cookie</b> Broccoli / Green beans / Carrots Fruit / Juice / Milk	<b>18 Pizza</b> Veggies Fruit / Juice / Milk
<b>21 Corn dog</b> Carrots / green peas Fruit / Juice / Milk	<b>22 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	<b>23 Lunch</b> Tacos/rice Beans / Corn Fruit / Juice / Milk	<b>24 Spaghetti / Cookie</b> Broccoli / Green beans / Carrots Fruit / Juice / Milk	<b>25 Pizza</b> Veggies Fruit / Juice / Milk
<b>28 Lunch</b> Corn dog Carrots / green peas Fruit / Juice / Milk	<b>29 Lunch</b> Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	<b>30 Lunch</b> Tacos/rice Beans / Corn Fruit / Juice / Milk	<b>31 Spaghetti / Cookie</b> Broccoli / Green beans / Carrots Fruit / Juice / Milk	<b>Choice of:</b> Ham and Cheese s/w Peanut butter & Jelly s/w
	A healthy diet and exercise are KEY to being fit!	<b>Breakfast Menu Nutrient AVG</b> Calories 463 Sodium (mg) 472 Total Fat (g) 6.61 Saturated Fat (g) 2.98 Trans Fat* (g) 0.00	<b>Lunch Menu Nutrient AVG</b> Calories 619 Sodium (mg) 790 Total Fat (g) 14.24 Saturated Fat (g) 4.71 Trans Fat* (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.

