

Mary C. O'Brien Elementary School November 2023



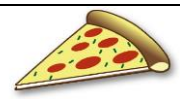
Monday

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>01 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>02 Lunch</p> <p>Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>03 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>06</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>07 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>08 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>09 Lunch</p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>10</p> <p>No School!</p>
<p>13 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>14 Lunch</p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>15 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>16 Lunch</p> <p>Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>17 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>20</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>21 Lunch</p> <p>Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk</p>	<p>22 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>23</p> <p>No-school</p>	<p>24</p> <p>No-school</p>
<p>27 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>28 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>29 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>30 Lunch</p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</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.

