

Mary C. O'Brien Elementary School March 2025

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>03</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>04 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>05 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>06 Lunch</p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>07 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>
10	11	12 ← SPRING BREAK →	13	14
<p>17</p> <p>Corndog Carrots / green peas Fruit / Juice / Milk</p>	<p>18 Lunch</p> <p>Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk</p>	<p>19 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>20 Lunch</p> <p>Cheeseburger Broccoli / Carrots Fruit / Juice / Milk</p>	<p>21 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>
<p>24 Lunch</p> <p>Hot dog Carrots / green peas Fruit / Juice / Milk</p>	<p>25 Lunch</p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>26 Lunch</p> <p>Nachos or tacos Beans / Corn Fruit / Juice / Milk</p>	<p>27 Lunch</p> <p>Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk</p>	<p>28 Lunch</p> <p>Pizza Veggies 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 Fat' (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 Fat' (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.