

Mary C. O'Brien Elementary School August 2025




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
				
04 Lunch Hot dog Carrots / Potatoes Fruit / Juice / Milk	05 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	06 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	07 Lunch Hamburger Potatoes / Corn Fruit / Juice / Milk	08 Lunch Pizza Veggies Fruit / Juice / Milk
11 Lunch Corn dog Carrots / Potatoes Fruit / Juice / Milk	12 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	13 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	14 Lunch Spaghetti / Cookie Broccoli / Green beans / Carrots Fruit / Juice / Milk	15 Lunch Pizza Veggies Fruit / Juice / Milk
18 Lunch Hot dog Carrots / Potatoes Fruit / Juice / Milk	19 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	20 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	21 Lunch Hamburger Potatoes / Corn Fruit / Juice / Milk	22 Lunch Pizza Veggies Fruit / Juice / Milk
25 Lunch Corn dog Carrots / Potatoes Fruit / Juice / Milk	26 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	27 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	28 Lunch Spaghetti / Cookie Broccoli / Green beans / Carrots Fruit / Juice / Milk	29 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 Fat¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat¹ (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.

