

Mary C. O'Brien Elementary School - October 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
		01 Lunch Tacos/rice Beans / Corn Fruit / Juice / Milk	02 Lunch Hamburger Potatoes / Green beans Fruit / Juice / Milk	03 Pizza Veggies Fruit / Juice / Milk
06	07	08 ← FALL BREAK →	09	10
13 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	14 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	15 Lunch Tacos/rice Beans / Corn Fruit / Juice / Milk	16 Spaghetti / Cookies Broccoli / Green beans / Carrots Fruit / Juice / Milk	17 Pizza Veggies Fruit / Juice / Milk
20 Corndog Carrots / green peas Fruit / Juice / Milk	21 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	22 Lunch Tacos/rice Beans / Corn Fruit / Juice / Milk	23 Hamburger Potatoes / Green beans Fruit / Juice / Milk	24 Pizza Veggies Fruit / Juice / Milk
27 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	28 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	29 Lunch Tacos Beans / Corn Fruit / Juice / Milk	30 Spaghetti / Cookies Broccoli / Green beans / Carrots Fruit / Juice / Milk	31 Pizza Veggies Fruit / Juice / Milk
	A healthy diet and exercise are KEY to being fit!	Breakfast Menu Nutrient AVG Calories 463 Sodium (mg) 472 Total Fat (g) 6.61 Saturated Fat (g) 2.98 Trans Fat* (g) 0.00	Lunch Menu Nutrient AVG Calories 619 Sodium (mg) 790 Total Fat (g) 14.24 Saturated Fat (g) 4.71 Trans Fat* (g) 0.00	Choice of: Ham and Cheese s/w Peanut butter & Jelly s/w

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.

