# Mary C. O'Brien School February 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Breakfast**<br><br>Pancakes or<br>Cereal and<br>or cheese stick<br>Fruit / Juice / Milk | **Breakfast**<br><br>Cinnamon swirl or<br>Cereal and<br>or cheese stick<br>Fruit / Juice / Milk | **Breakfast**<br><br>Peanut butter and jelly s/w or<br>Cereal and<br>or cheese stick<br>Fruit / Juice / Milk | **Breakfast**<br><br>Cinnamon swirl or<br>Cereal and<br>or cheese stick<br>Fruit / Juice / Milk | **Breakfast**<br><br>Waffles<br>or Cereal and<br>or cheese stick<br>Fruit / Juice / Milk |
| **03**<br>Corndog<br>Carrots / green peas<br>Fruit / Juice / Milk | **04**     Lunch<br>Ranch chicken strips<br>Potatoes / Veggies<br>Fruit / Juice / Milk | **05**     Lunch<br>Nachos or tacos<br>Beans / Corn<br>Fruit / Juice / Milk | **06**     Lunch<br>Cheeseburger<br>Broccoli / Carrots<br>Fruit / Juice / Milk | **07**     Lunch<br>Pizza<br>Veggies<br>Fruit / Juice / Milk |
| **10**<br>Corndog<br>Carrots / green peas<br>Fruit / Juice / Milk | **11**     Lunch<br>Cheeseburger<br>Potatoes / Veggies<br>Fruit / Juice / Milk | **12**     Lunch<br>Nachos or tacos<br>Beans / Corn<br>Fruit / Juice / Milk | **13**     Lunch<br>Spaghetti / Cookie<br>Broccoli / Carrots<br>Fruit / Juice / Milk | **14**     Lunch<br>Pizza<br>Veggies<br>Fruit / Juice / Milk |
| **17**<br><br>**No School!** | **18**     Lunch<br>Ranch chicken strips<br>Potatoes / Veggies<br>Fruit / Juice / Milk | **19**     Lunch<br>Nachos or tacos<br>Beans / Corn<br>Fruit / Juice / Milk | **20**     Lunch<br>Cheeseburger<br>Broccoli / Carrots<br>Fruit / Juice / Milk | **21**     Lunch<br>Pizza<br>Veggies<br>Fruit / Juice / Milk |
| **24**<br>Corndog<br>Carrots / green peas<br>Fruit / Juice / Milk | **25**     Lunch<br>Cheeseburger<br>Potatoes / Veggies<br>Fruit / Juice / Milk | **26**     Lunch<br>Nachos or tacos<br>Beans / Corn<br>Fruit / Juice / Milk | **27**     Lunch<br>Spaghetti / Cookie<br>Broccoli / Carrots<br>Fruit / Juice / Milk | **28**     Lunch<br>Pizza<br>Veggies<br>Fruit / Juice / Milk |
|  | A healthy diet and exercise are KEY to being fit! | **Breakfast Menu Nutrient AVG**<br>Calories      423<br>Sodium (mg)    429<br>Total Fat (g)    4.4<br>Saturated Fat (g)  1.38<br>Trans Fat[1] (g)  0.00 | **Lunch Menu Nutrient AVG**<br>Calories      624<br>Sodium (mg)    917<br>Total Fat (g)    13<br>Saturated Fat (g)  3.86<br>Trans Fat[1] (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.