

Mary C. O'Brien Elementary School January 2025




Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pancakes or Cereal and or cheese stick Fruit / Juice / Milk	Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk	Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	Waffles or Cereal and or cheese stick Fruit / Juice / Milk
06 Corndog Carrots / green peas Fruit / Juice / Milk	07 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	08 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	09 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	10 Lunch Pizza Veggies Fruit / Juice / Milk
13 Corndog Carrots / green peas Fruit / Juice / Milk	14 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	15 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	16 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	17 Lunch Pizza Veggies Fruit / Juice / Milk
20 No School!	21 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	22 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	23 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	24 Lunch Pizza Veggies Fruit / Juice / Milk
27 Corndog Carrots / green peas Fruit / Juice / Milk	28 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	29 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	30 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	31 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 Fat ¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 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.