

Mary C. O'Brien Elementary School September 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
01 No School!	02 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	03 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	04 Hamburger Beans / Corn Fruit / Juice / Milk	05 Lunch Pizza Veggies Fruit / Juice / Milk
08 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	09 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	10 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	11 Spaghetti / Cookie Broccoli / Green beans / Carrots Fruit / Juice / Milk	12 Lunch Pizza Veggies Fruit / Juice / Milk
15 Corndog Carrots / green peas Fruit / Juice / Milk	16 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	17 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	18 Hamburger Beans / Corn Fruit / Juice / Milk	19 Pizza Veggies Fruit / Juice / Milk
22 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	23 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	24 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	25 Hamburger Beans / Corn Fruit / Juice / Milk	26 Lunch Pizza Veggies Fruit / Juice / Milk
29 Corndog Carrots / green peas Fruit / Juice / Milk	30 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk			Choice of: Ham and Cheese s/w Peanut butter & Jelly s/w
	A healthy diet and exercise are KEY to being fit!	Breakfast Menu Nutrient AVG Calories 440 Sodium (mg) 455 Total Fat (g) 6.61 Saturated Fat (g) 2.98 Trans Fat¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 649 Sodium (mg) 801 Total Fat (g) 17.58 Saturated Fat (g) 6.26 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.

