

Mary C. O'Brien Elementary Schools June 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 |  |
| 02 Lunch Hot dog Carrots / green peas / Beans Fruit / Juice / Milk | 03 Lunch Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk | 04 Lunch Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk | 05 Pizza Veggies Fruit / Juice / Milk | 06 |
| 09 Hotdog Carrots / green peas / Beans Fruit / Juice / Milk | 10 Lunch Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk | 11 Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk | 12 Lunch Pizza Veggies Fruit / Juice / Milk |  |
| 16 Lunch Hot dog Carrots / green peas / Beans Fruit / Juice / Milk | 17 Lunch Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk | 18 Lunch Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk | 19 Pizza Veggies Fruit / Juice / Milk | 20 |
| 23 Hotdog Carrots / green peas / Beans Fruit / Juice / Milk | 24 Lunch Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk | 25 Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk | 26 Lunch Pizza Veggies Fruit / Juice / Milk | 27 |
|  | | |  | Choice of Sandwich: Ham and Cheese Peanut butter and jelly |
|  | A healthy diet and exercise are KEY to being fit! | Breakfast Menu Nutrient AVG Calories 474 Sodium (mg) 460 Total Fat (g) 6.96 Saturated Fat (g) 3.17 Trans Fat¹ (g) 0.00 | Lunch Menu Nutrient AVG Calories 607 Sodium (mg) 894 Total Fat (g) 13.66 Saturated Fat (g) 4.41 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.