

Mary C. O'Brien Elementary School August 2024




Monday

Tuesday

Wednesday

Thursday

Friday

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| 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 Ranch chicken strips Fries / Corn Fruit / Juice / Milk | 02 Lunch Pizza Veggies Fruit / Juice / Milk |
| 05 Corn dog Carrots / green peas Fruit / Juice / Milk | 06 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk | 07 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk | 08 Spaghetti / Cookie Broccoli / Green beans / Carrots Fruit / Juice / Milk | 09 Lunch Pizza Veggies Fruit / Juice / Milk |
| 12 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk | 13 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk | 14 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk | 15 Hamburger Beans / Corn Fruit / Juice / Milk | 16 Lunch Pizza Veggies Fruit / Juice / Milk |
| 19 Corn dog Carrots / green peas Fruit / Juice / Milk | 20 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk | 21 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk | 22 Spaghetti / Cookie Broccoli / Green beans / Carrots Fruit / Juice / Milk | 23 Pizza Veggies Fruit / Juice / Milk |
| 26 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk | 27 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk | 28 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk | 29 Hamburger Beans / Corn Fruit / Juice / Milk | 30 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.