

Mary C. O'Brien Elementary School April 2023



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	Breakfast Waffles or Cereal and or cheese stick Fruit / Juice / Milk
03 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	04 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	05 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	06 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	07 No School!
10 No School!	11 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	12 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	13 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	14 Lunch Pizza Veggies Fruit / Juice / Milk
17 Corndog Carrots / green peas Fruit / Juice / Milk	18 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	19 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	20 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	21 Lunch Pizza Veggies Fruit / Juice / Milk
24 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	25 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	26 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	27 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	28 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.

