

# Mary C. O'Brien Elementary S. June 2026







Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Breakfast</b></p> <p>Pancakes <b>or</b> Cereal <b>and</b> <b>or</b> cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b></p> <p>Cinnamon swirl <b>or</b> Cereal <b>and</b> <b>or</b> cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b></p> <p>Peanut butter and jelly s/w <b>or</b> Cereal <b>and</b> <b>or</b> cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b></p> <p>Cinnamon swirl <b>or</b> Cereal <b>and</b> <b>or</b> cheese stick Fruit / Juice / Milk</p>																					
<p><b>01 Lunch</b></p> <p>Hot dog Carrots / green peas / Beans Fruit / Juice / Milk</p>	<p><b>02 Lunch</b></p> <p>Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>03 Lunch</b></p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p><b>04</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>	<p><b>05</b></p>																				
<p><b>08</b></p> <p>Hotdog Carrots / green peas / Beans Fruit / Juice / Milk</p>	<p><b>09 Lunch</b></p> <p>Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>10</b></p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p><b>11 Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>	<p><b>12</b></p> 																				
<p><b>15 Lunch</b></p> <p>Hot dog Carrots / green peas / Beans Fruit / Juice / Milk</p>	<p><b>16 Lunch</b></p> <p>Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>17 Lunch</b></p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p><b>18</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>	<p><b>19</b></p>																				
<p><b>22</b></p> <p>Hotdog Carrots / green peas / Beans Fruit / Juice / Milk</p>	<p><b>23 Lunch</b></p> <p>Ranch chicken strips / Cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>24</b></p> <p>Hamburger Potatoes / Broccoli / carrots Fruit / Juice / Milk</p>	<p><b>25 Lunch</b></p> <p>Pizza Veggies Fruit / Juice / Milk</p>	<p><b>26</b></p>																				
				<p><b>Choice of Sandwich:</b></p> <p>Ham and Cheese Peanut butter and jelly</p>																				
	<p>A healthy diet and exercise are KEY to being fit!</p>	<p><b>Breakfast Menu Nutrient AVG</b></p> <table border="0"> <tr><td>Calories</td><td>501</td></tr> <tr><td>Sodium (mg)</td><td>509</td></tr> <tr><td>Total Fat (g)</td><td>8.08</td></tr> <tr><td>Saturated Fat (g)</td><td>3.45</td></tr> <tr><td>Trans Fat* (g)</td><td>0.00</td></tr> </table>	Calories	501	Sodium (mg)	509	Total Fat (g)	8.08	Saturated Fat (g)	3.45	Trans Fat* (g)	0.00	<p><b>Lunch Menu Nutrient AVG</b></p> <table border="0"> <tr><td>Calories</td><td>611</td></tr> <tr><td>Sodium (mg)</td><td>937</td></tr> <tr><td>Total Fat (g)</td><td>13.74</td></tr> <tr><td>Saturated Fat (g)</td><td>4.67</td></tr> <tr><td>Trans Fat* (g)</td><td>0.00</td></tr> </table>	Calories	611	Sodium (mg)	937	Total Fat (g)	13.74	Saturated Fat (g)	4.67	Trans Fat* (g)	0.00	
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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.