

Mary C. O'Brien Elementary School April 2024




Monday

Tuesday

Wednesday

Thursday

Friday

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
01 No School!	02 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	03 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	04 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	05 Lunch Pizza Veggies Fruit / Juice / Milk
08 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	09 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	10 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	11 Lunch Spaghetti / Cookie Broccoli / 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 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	19 Lunch Pizza Veggies Fruit / Juice / Milk
22 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	23 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	24 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	25 Lunch Spaghetti / Cookie Broccoli / Carrots 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			
	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' (g) 0.00	Lunch Menu Nutrient AVG Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat' (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.