

Mary C. O'Brien Elementary School January 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
			04 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	05 Lunch Pizza Veggies Fruit / Juice / Milk
08 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	09 Lunch Ranch chicken strips 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 No School!	16 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	17 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	18 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	19 Lunch Pizza Veggies Fruit / Juice / Milk
22 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	23 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	24 Lunch Nachos or tacos Beans / Corn Fruit / Juice / Milk	25 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	26 Lunch Pizza Veggies Fruit / Juice / Milk
29 Lunch Hot dog Carrots / green peas Fruit / Juice / Milk	30 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	31 Lunch Nachos or tacos Beans / Corn 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.