

# Mary C. O'Brien Elementary School May 2025




Monday

Tuesday

Wednesday

Thursday

Friday

<b>Breakfast</b> Pancakes or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl or Cereal and or cheese stick Fruit / Juice / Milk	<b>Breakfast</b> Waffles or Cereal and or cheese stick Fruit / Juice / Milk
Happy Cinco de Mayo! May 5th			01 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	02 Lunch Hotdog Beans / Corn Fruit / Juice / Milk
05 Lunch Nachos Corn / pinto beans Fruit / Juice / Milk	06 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	07 Lunch Nachos / tacos Beans / Corn Fruit / Juice / Milk	08 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	09 Lunch Pizza Veggies Fruit / Juice / Milk
12 Hotdog 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 Lunch Cheeseburger Broccoli / Carrots Fruit / Juice / Milk	16 Lunch Pizza Veggies Fruit / Juice / Milk
19 Lunch Corndog Carrots / green peas Fruit / Juice / Milk	20 Lunch Cheeseburger Potatoes / Veggies Fruit / Juice / Milk	21 Lunch Pizza Veggies Fruit / Juice / Milk	22 	23
	A healthy diet and exercise are KEY to being fit!	<b>Breakfast Menu Nutrient AVG</b> Calories 423 Sodium (mg) 429 Total Fat (g) 4.4 Saturated Fat (g) 1.38 Trans Fat <sup>1</sup> (g) 0.00	<b>Lunch Menu Nutrient AVG</b> Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat <sup>1</sup> (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.

