

Mary C. O'Brien Elementary School-September 2026

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 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	02 Lunch Tacos / Rice Beans / Corn Fruit / Juice / Milk	03 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	04 Lunch Pizza Veggies Fruit / Juice / Milk
07 No School!	08 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	09 Lunch Tacos / Rice Beans / Corn Fruit / Juice / Milk	10 Lunch Hamburger Potatoes/broccoli / Carrots Fruit / Juice / Milk	11 Lunch Pizza Veggies Fruit / Juice / Milk
14 Lunch Corn dog Carrots / Potatoes Fruit / Juice / Milk	15 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	16 Lunch Tacos / Rice Beans / Corn Fruit / Juice / Milk	17 Lunch Spaghetti / Cookie Broccoli / Carrots Fruit / Juice / Milk	18 Lunch Pizza Veggies Fruit / Juice / Milk
21 Lunch Hotdog Carrots / Potatoes Fruit / Juice / Milk	22 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	23 Lunch Tacos / Rice Beans / Corn Fruit / Juice / Milk	24 Lunch Hamburger Potatoes/broccoli / Carrots Fruit / Juice / Milk	25 Lunch Pizza Veggies Fruit / Juice / Milk
28 Lunch Corn dog Carrots / Potatoes Fruit / Juice / Milk	29 Lunch Ranch chicken strips Potatoes / Veggies Fruit / Juice / Milk	30 Lunch Tacos / Rice Beans / Corn Fruit / Juice / Milk		
Ham and Cheese S/W Peanut butter & Jelly S/W Available for lunch as part of the menu	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 Fat¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 624 Sodium (mg) 917 Total Fat (g) 13 Saturated Fat (g) 3.86 Trans Fat¹ (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.

