








L.K. Moss Elementary School
APRIL, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
2 	3 	4 	5 	6 	(M) (T) (W) (Th) (F)
9 Popcorn Chicken w/roll Green Beans Mashed Potatoes Fruit	10 Cheeseburger on Bun w/Lettuce/Tomato Potato Tots Baby Carrots w/ranch Fruit	11 Spaghetti w/meatsauce Garlic Bread California Blend Veggies Fruit	12 MANAGER CHOICE	13 Pizza w/marinara sauce Potato Wedges Garden Salad w/dressing Fruit	(M) Mini Pancakes (Tu) Muffin w/Yogurt (W) Mini Bagels (Th) Breakfast Bar (F) Variety Biscuit
16 Chicken Stir-Fry w/egg roll Asian Rice Steamed Carrots Fruit	17 Load Beef Nachos Spanish Rice Whole Kernel Corn Fruit	18 Chicken Filet Sandwich Seasoned Green Beans Sweet Potato Fries Fruit	19 Barbecued Chicken Broccoli & Cheese Blackeyed Peas Roll Fruit	20 Fish Sandwich Potato Wedges Cole Slaw Fruit	(M)Muffin w/Yogurt (T)Assorted Cereal (W)Breakfast Bar (Th)Mini Bagels (F)Variety Biscuit
23 BREAKFAST FOR LUNCH Sausage w/Pancakes Potato Tots Steamed Broccoli Fruit	24 BBQ Sandwich Baked Beans Corn on Cob Fruit	25 Chicken Nuggets California Blend Veggies Breadstick Fruit	26 Salisbury Steak w/gravy Rice Green Beans Roll Fruit	27 Pizza w/marinara sauce Potato Wedges Garden Salad w/dressing Fruit	(M)Mini Pancakes (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F)Variety Biscuit
30 Ham/Turkey Hoagie Veggie Dippers w/ranch Sun Chips Fruit					(M)Muffin w/Yogurt (T) (W) (Th) (F)

“DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, MENUS ARE SUBJECT TO CHANGE”



Helpful Information

Milk is offered daily for breakfast and lunch. We offer a variety of milk that is 1% or less fat and either flavored or unflavored.








MAKE A FRESH START WITH SPRINGS FOODS

Spring is a great time to hit the reset button and reintroduce some fresh foods into your diet after a long winter. Get into the swing of spring produce with seasonal favorites such as spinach, yogurt, strawberries, and asparagus. These foods are packed with vitamins A, B, C, and K.



Marion County Middle High School

APRIL, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
2 	3 	4 	5 	6 	(M) (T) (W) (Th) (F)
9 Buffalo Chicken Sandwich OR Hamburger on Bun w/Lettuce/Tomato Tater Tots Seasoned Green Beans Fruit	10 Load Nachos OR Chicken Quesadilla w/Salsa/Sour Cream Seasoned Corn Black Beans Fruit	11 Buffalo Chicken Wings OR Rib-A-Que Sandwich Veggie Dippers w/ranch Potato Fries Texas Toast Fruit	12 Spaghetti w/Meatsauce OR Corn Dog Corn on Cob Steamed Broccoli Garlic Bread Fruit	13 Steak Sandwich OR Popcorn Chicken Breadstick Honey Glazed Carrots Garden Salad w/dressing Fruit	(M) Pancakes & Sausage (T) Breakfast Pizza (W) Muffin w/Yogurt (Th) Mini Bagels w/cream cheese (F) Variety Biscuit
16 BREAKFAST FOR LUNCH Chicken Nuggets OR Sausage w/Waffles or Pancakes Tater Tots Steamed Broccoli Fruit	17 Chili Dog OR BBQ Sandwich Potato Wedges Baby Carrots Fruit	18 Oven Fried Chicken Seasoned Green Beans Mashed Potatoes Fruit	19 Ham/Turkey Hoagie w/lettuce/tomato OR Rib-A-Que Sandwich Sweet Potato Fries Fruit	20 Pizza w/Marinara Sauce OR Taco w/lettuce/tomato/cheese Seasoned Corn Veggie Dippers w/ranch Fruit	(M) French Toast Sticks (T) Breakfast Pizza (W) Muffin w/Yogurt (Th) Grits and Toast (F) Variety Biscuit
23 General Tso Chicken w/ Egg Roll OR Beef & Broccoli Asian Rice Oriental Veggies Fruit	24 Loaded Nachos OR Chicken Quesadilla w/salsa & Sour Cream Black Beans Seasoned Corn Fruit	25 Boneless Buffalo Bites w/roll OR Hot Dog Cole Slaw Sweet Potato Fries Fruit	26 Salisbury Steak w/Gravy OR Mashed Potatoes Seasoned Green Beans Fruit	27 Chicken Sandwich OR Fish Sandwich Garden Salad w/dressing Tater Tots Fruit	(M) Pancakes & Sausage (T) Breakfast Pizza (W) Muffin w/Yogurt (Th) Mini Bagels w/cream cheese (F) Variety Biscuit
30 Buffalo Chicken Wrap OR Beefy Mac Sweet Potato Fries California Blend Vegetables Fruit					(M) French Toast Sticks

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