



L.K. Moss Elementary School

AUGUST, 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
	1 Chicken Nuggets Honey Glazed Carrots Tossed Salad Breadstick Fruit	2 Cheeseburger w/Bun Potato Wedges Cole Slaw Fruit	3 Oven Baked Chicken Steamed Broccoli Mashed Potatoes Roll Fruit	4 Pizza w/Marinara Sauce Sweet Potato Fries Baked Beans Fruit	(M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit
7 Chicken Quesadilla Black Beans Tossed Salad Fruit	8 Philly Cheese Steak w/Flatbread Sweet Potato Fries Green Peas Fruit	9 Mini Cheese Ravioli w/Breadstick Steamed Broccoli Seasoned Corn Fruit	10 Salisbury Steak w/Rice Honey Glazed Carrots Green Beans Roll Fruit	11 Chicken Filet Sandwich w/Lettuce/Tomato Tater Tots Fruit	(M) PB&J Uncrustables (T) Breakfast Bar (W) Assorted Cereal (Th) Bagel w/Cream Cheese (F) Muffin w/Cereal
14 New Orleans Manadrian Chicken Steamed Broccoli Honey Glazed Carrots Fruit	15 Chicken Fajitas w/Salsa Seasoned Corn Black Beans Fruit	16 Baked Spaghetti Tossed Salad w/Dressing Green Peas Breadstick Fruit	17 Oven Roasted Chicken Oven Roasted Potatoes Green Beans Roll Fruit	18 Pizza w/Marinara Sauce Potato Wedges Baked Beans Fruit	(M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit
21 Cheeseburger w/Bun Tater Tots Green Beans Fruit	22 Flatbread Chicken Melt California Mixed Vegetables Pinto Beans Fruit	23 Fish Sandwich Cole Slaw Sweet Potato Fries Fruit	24 General Tso Chicken w/Rice Steamed Broccoli Honey Glazed Carrots Fruit	25 Mini Corndogs Cole Slaw Potato Wedges Fruit	(M)PB&J Uncrustables (T) Breakfast Bar (W) Assorted Cereal (Th) Bagel w/Cream Cheese (F) Muffin w/Cereal
28 BBQ Sandwich Potato Wedges Cole Slaw Fruit	29 Mini Hot Dogs Sweet Potato Tots Baked Beans Fruit	30 Breaded Steak Sandwich California Mixed Vegetables Potato Skins Fruit	31 Baked Spaghetti Honey Glazed Carrots Tossed Salad Breadstick Fruit		(M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit

"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.



*Everything you eat and drink matters.
The right mix of foods in your meals and snacks can help you be healthier now and into the future.
Turn small changes in how you eat into your MyPlate, My Wins.
Kick your year off with a great start.*



Marion County Middle High School

AUGUST, 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
	1 Popcorn Chicken w/Roll OR Hotdog on Bun w/Slaw Green Beans Garden Salad Fruit	2 Chicken Fajitas OR General Tso Chicken Stir Fry Rice/Vegetables Sauteed Peppers/Onions Fruit	3 Cheeseburger on Bun OR BBQ on Bun Lettuce/Tomato/Baby Carrots Potato Wedges Fruit	4 Pizza w/Marinara Sauce OR Beefy Mac w/Breadstick Sweet Potato Fries California Mixed Vegetables Fruit	(M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit
7 Salisbury Steak w/Gravy OR Popcorn Chicken Mashed Potatoes Steamed Broccoli Roll Fruit	8 Spaghetti w/Meat Sauce OR Chicken Tetrzzini Honey Glazed Carrots Garden Salad w/Dressing Roll Fruit	9 Rib-A-Que on Bun OR Fish Sandwich Potato Wedges Cole Slaw Fruit	10 Oven Baked Chicken Turnip Greens Mashed Sweet Potatoes Cornbread Fruit	11 Ham/Cheese Sub OR Corndog Mixed Vegetables Sweet Potato Tots Fruit	(M) PB&J Uncrustables (T) Breakfast Bar (W) Assorted Cereal (Th) Bagel w/Cream Cheese (F) Muffin w/Cereal
14 Beef Taco Pie OR Buffalo Chicken Nuggets Steamed Broccoli Breadstick Fruit	15 Chicken Fajitas w/Salsa OR Burrito Seasoned Corn Black Beans Fruit	16 Meatloaf OR Turkey Pot Roast w/Gravy Mashed Potatoes Green Peas Roll Fruit	17 Oven Baked Chicken Steamed Squash Lima Beans Cornbread Fruit	18 Popcorn Chicken OR Hotdog on Bun Potato Wedges Steamed California Vegetables Fruit	(M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit
21 Cheeseburger on Bun OR BBQ on Bun Lettuce/Tomato Baby Carrots Potato Wedges Fruit	22 Beef Nachos OR Burrito Spanish Rice Seasoned Corn Black Beans Fruit	23 Beefy Mac OR Turkey Pot Pie Mixed Vegetables Sweet Potato Fries Fruit	24 Oven Roasted Chicken Seasoned Green Beans Mashed Potatoes Roll Fruit	25 Pizza w/Marinara Sauce OR Beefy Mac w/Breadstick Sweet Potato Fries California Mixed Vegetables Fruit	(M)PB&J Uncrustables (T) Breakfast Bar (W) Assorted Cereal (Th) Bagel w/Cream Cheese (F) Muffin w/Cereal
28 Cheeseburger on Bun OR BBQ on Bun Lettuce/Tomato/Baby Carrots Potato Wedges Fruit	29 Chicken Fajitas OR General Tso Chicken Stir Fry Rice/Vegetables Sauteed Peppers/Onions Fruit	30 Breaded Steak Sandwich OR Hotdog on Bun California Mixed Vegetables Potato Skins Fruit	31 Oven Roasted Chicken Oven Roasted Potatoes Seasoned Green Beans Roll Fruit		M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit

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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. ** Alternate Entrees that may be available ** Deli Sandwich or Chef Salad



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