





Marion County Middle High School

OCTOBER, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
1 BBQ on Bun Corn Dog Potato Wedges Garden Salad w/Dressing Baked Beans Fruit	2 General Tso Chicken w/Fried Rice/Egg Roll Steak Sandwich Oriental Veggies Garden Salad w/Dressing Fruit	3 Breakfast for Lunch Chicken & Waffles Sausage & Waffles Potato Tots Steamed Broccoli Fruit	4 Spaghetti w/Garlic Breadstick Chicken Nuggets Whole Kernel Corn Seasoned Green Beans Fruit	5 Pizza w/Marinara Sauce Cheeseburger on Bun w/Lettuce/Tomato/Pickle Sweet Potato Fries Corn on Cob Fruit	(M)French Toast w/sausage (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit
8 TEACHER PLANNING	9 Taco Soup Chicken Quesadilla Seasoned Corn Black Beans Tomato Salsa Fruit	10 Oven Baked Chicken Steamed Broccoli Oven Roasted Potatoes Roll Fruit	11 Breaded Steak Sandwich Hotdog w/Chilli California Blend Veggies Potato Wedges Fruit	12 Chicken Filet Sandwich Rib-A-Que Sandwich Sweet Potato Fries Cole Slaw Fruit	(M) TEACHER PLANNING (T) Breakfast Pizza (W) Pancakes & Sausage (Th) Breakfast Bar (F) Variety Biscuit
15 Buffalo Chicken Sandwich Hot Dog on Bun w/Coleslaw Veggie Dippers Potato Wedges Fruit NATIONAL	16 Cheeseburger on Bun Chicken Nuggets Potato Fries California Blend Vegetables Breadstick Fruit SCHOOL	17 Salisbury Steak w/Gravy Popcorn Chicken Mashed Potatoes Seasoned Green Beans Roll Fruit LUNCH	18 Chicken Nuggets w/Roll Sloppy Joe on Bun Tater Tots Whole Kernel Corn Fruit WEEK	19 FALL BREAK  2018	(M)French Toast w/sausage (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) FALL BREAK
22 FALL BREAK 	23 Loaded Nachos Chicken Quesadilla Black Beans Tomato Salsa Seasoned Corn Fruit	24 Oven Baked Chicken Steamed Broccoli Mashed Potatoes Fruit	25 Lasagna w/Breadstick BBQ on Bun Garden Salad w/Dressing Whole Kernel Corn Fruit	26 Pizza w/Marinara Sauce Taco w/lettuce/tomato/cheese Baby Carrots Tater Tots Fruit	(M) FALL BREAK (T) Breakfast Pizza (W) Pancakes & Sausage (Th) Breakfast Bar (F) Variety Biscuit
29 Cheeseburger on Bun Rib-A-Q Sandwich Tater Tots Steamed Broccoli Fruit	30 Chicken Wings w/Breadstick Corn Dog Potato Wedges Corn on Cob Fruit	31 Ham & Cheese Hoagie Corn Dog Pasta Salad Baked Beans Veggie Dippers Fruit			(M)French Toast w/sausage (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. ** Alternate Entrees that may be available ** Deli Sandwich or Chef Salad



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.



L.K. Moss Elementary School

OCTOBER, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
1 Mandarin Orange Chicken w/Fried Rice/Egg Roll Oriental Vegetables Steamed Carrots Fruit	2 BBQ Sandwich Baked Beans Tater Tots Fruit	3 Salisbury Steak w/Potatoes Seasoned Green Beans Roll Fruit	4 Boneless Buffalo Bites w/Breadstick Steamed Broccoli Sweet Potato Fries Fruit	5 Pizza w/Mariana Sauce Garden Salad w/dressing Whole Kernel Corn Fruit	(M) (T) (W) (Th) (F)Variety Biscuit
8 TEACHER PLANNING	9 Rib-A-Q Sandwich Tater Tots California Blend Veggies Fruit	10 Oven Fried Chicken Green Peas Mashed Potatoes Roll Fruit	11 Loaded Nachos Seasoned Corn Refried Beans Lettuce/Tomato/Salsa Fruit	12 Chicken Filet Sandwich w/Lettuce/Tomato Sweet Potato Fries Corn on Cob Fruit	(M) TEACHER PLANNING (T)Muffin w/Yogurt (W)Cereal bar w/cheesestick (Th)Fruit Pastry (F)Assorted Cereals
15 Hamburger w/Lettuce/Tomato/Pickle Potato Wedges Veggie Dippers Fruit NATIONAL	16 Chicken Nuggets w/Roll Oven Fries Seasoned Green Beans Fruit SCHOOL	17 Spaghetti w/Garlic Breadstick Garden Salad w/Dressing Steamed Broccoli Fruit LUNCH	18 Hot Dog w/Coleslaw Baby Carrots Baked Beans Fruit WEEK	19 FALL BREAK 2018	(M)Pancakes, Mini (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Fruit Pastry (F) FALL BREAK
22 FALL BREAK	23 Grilled Cheese Sandwich Steamed Broccoli Veggie Dippers Fruit	24 BBQ Chicken Glazed Carrots Oven Roasted Potatoes Roll Fruit	25 Mini Corn Dogs Baked Beans Sweet Potato Fries Fruit	26 Fish Sandwich Potato Wedges Coleslaw Fruit	(M) FALL BREAK (T) Muffin w/Yogurt (W) Cereal bar w/cheesestick (Th) Fruit Pastry (F) Variety Biscuit
29 Beef Tacos w/Lettuce/Tomato/Cheese Seasoned Black Beans Seasoned Corn Fruit	30 Breakfast for Lunch French Toast Sticks w/Eggs/Sausage Green Peas Fruit	31 Ham & Cheese Hoagie w/Lettuce & Tomato Sunchips Veggie Dippers Fruit			M)Pancakes, Mini (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Fruit Pastry (F) Assorted Cereals