



## Marion County Middle High School FEBRUARY, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
				<b>MANAGER'S SPECIAL</b>	1 (M) (T) (W) (Th) (F) <b>MANAGER'S SPECIAL</b>
4 Meatloaf OR Chicken Nuggets Mashed Potatoes Green Peas Roll Fruit	5 Taco Soup OR Chicken Quesadilla Seasoned Corn Black Beans Tomato Salsa Fruit	6 Beef Vegetable Soup w/Grilled Cheese OR Chicken Filet Sandwich Cut Sweet Potatoes Steamed Broccoli Fruit	7 Oven Fried Chicken Squash Casserole Green Beans Roll Fruit	8 Cheeseburger on Bun OR Chilli Cheese Pups Baby Carrots Potato Fries Fruit	(M) Mini Pancakes (T) Assorted Cereal w/toast (W) Breakfast Pizza (Th) Assorted Cereal w/toast (F) Variety Biscuit
11 Loaded Nachos Chicken Quesadilla Black Beans Tomato Salsa Seasoned Corn Fruit	12 Chicken Filet Sandwich OR Hot Dog on Bun w/Chilli Sweet Potato Fries Corn on the Cob Fruit	13 <b>BREAKFAST FOR LUNCH</b> Chicken Nuggets OR Sausage w/Waffles or Pancakes Tater Tots Steamed Broccoli Fruit	14 Baked Spaghetti OR Chicken Parmesan Honey Glazed Carrots Seasoned Green Beans Breadstick Fruit	15 Pizza w/marinara sauce Hamburger on Bun Garden Salad w/dressing Potato Wedges Fruit	(M) French Toast w/sausage (T) Muffin or Cereal w/Yogurt (W) Mini Cinnis (Th) Muffin or Cereal w/Yogurt (F) PB&J Uncrustable
18 <b>PRESIDENTS DAY HOLIDAY</b>	19 Chicken Fajitas OR Beef Nachos Black Beans Tomato Salsa Seasoned Corn Fruit	20 Chilli Bowl w/Saltines OR Chicken Nuggets Baked Potato Steamed Broccoli Breakstick Fruit	21 Oven Fried Chicken Cream Corn Turnip Greens Cornbread Fruit	22 Cheeseburger on Bun OR Chicken Bites w/breadstick Garden Salad w/dressing Potato Wedges Fruit	(M) Mini Pancakes (T) Assorted Cereal w/toast (W) Breakfast Pizza (Th) Assorted Cereal w/toast (F) Variety Biscuit
25 General Tso Chicken w/Fried Rice/Egg Roll Steak Sandwich Oriental Veggies Garden Salad w/Dressing Fruit	26 BBQ on Bun OR Fish Sandwich Sweet Potato Fries Steamed Broccoli Fruit	27 Popcorn Chicken OR Salisbury Steak w/Gravy Mashed Potatoes Green Peas Roll Fruit	28 Ham/Cheese Sub Corndog Mixed Vegetables Sweet Potato Tots Fruit		(M) French Toast w/sausage (T) Muffin or Cereal w/Yogurt (W) Mini Cinnis (Th) Muffin or Cereal w/Yogurt

**“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.



**HEALTHY NEW YEAR'S TIP**

Eating right is important to staying at a healthy weight and keeping an energy balance, the balance between the calories in what you eat and drink, and calories you burn when moving. The best way to make sure you have energy balance is to make better choices before you sit down to eat.