



Marion County Middle High School JANUARY, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
	1 <i>Happy New Year</i>	2 TEACHER PLANNING	3 Cheeseburger BBQ on Bun Sweet Potato Fries Baked Beans Brd Orka Fruit	4 Pizza w/Salsa Chicken Nuggets Potato Wedges Seasoned Corn Garden Salad w/dressing Fruit	(M) (T) (W) TEACHER PLANNING (Th) Mini Pancakes (F) Assorted Cereal w/toast
7 Baked Spaghetti Chicken Parmesan Honey Glazed Carrots Green Beans Breadstick Fruit	8 Taco Soup Chicken Quesadilla Seasoned Corn Black Beans Tomato Salsa Fruit	9 Chicken Filet Sandwich Corndog Sweet Potato Fries Steamed Broccoli Fruit	10 Oven Fried Chicken Cut Sweet Potatoes Turnip Greens Cornbread Fruit	11 Fish Sandwich BBQ Sandwich Baked Beans Potato Wedges Fruit	(M) Mini Pancakes (T) Assorted Cereal w/toast (W) Breakfast Pizza (Th) Assorted Cereal w/toast (F) Variety Biscuit
14 Cajun Chicken Wrap Corndog Mixed Vegetables Mashed Sweet Potatoes Fruit	15 Boneless Buffalo Bites Philly Cheesesteak Hoagie Veggie Dippers Sweet Potatoes Fries Tossed Salad w/dressing Fruit	16 BREAKFAST FOR LUNCH Chicken OR Sausage w/Waffles or Pancakes Tater Tots Steamed Broccoli Cherry Tomatoes Fruit	17 Chilli Bowl w/Saltines Chicken Nuggets Baked Potato Green Beans Fruit	18 Seafood Basket BBQ Sandwich Cole Slaw 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
21 MLK HOLIDAY	22 Chicken Fajitas OR Beef Nachos Black Beans Tomato Salsa Seasoned Corn Fruit	23 Cheeseburger OR Chilli Cheese Pups Corn on the Cob Orka Fruit	24 Oven Fried Chicken Oven Roasted Potatoes Steamed Broccoli Roll Fruit	25 Pizza w/Marinara Sauce OR Taco Baked Beans Potato Wedges Veggie Dippers w/ranch Fruit	(M) Mini Pancakes (T) Assorted Cereal w/toast (W) Breakfast Pizza (Th) Assorted Cereal w/toast (F) Variety Biscuit
28 Popcorn Chicken OR Beefy Mac Steamed Broccoli Garden Salad w/dressing Breadstick Fruit	29 Chicken Filet Sandwich OR Rib-A-Que Sandwich Sweet Potato Fries Seasoned Corn Fruit	30 Beef Vegetable Soup w/Grilled Cheese OR Chicken Filet Sandwich Steamed Carrots Garden Salad w/dressing Fruit	31 MANAGER'S SPECIAL		(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.