



L.K. Moss Elementary School

JANUARY, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
 1 TEACHER PLANNING	2 TEACHER PLANNING	3 Chilli Dog Chilli Potato Wedges California Blend Veggies Fruit	4 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Roll Fruit	5 MANAGER'S CHOICE	(M) TEACHER PLANNING (W) Breakfast Bar (Th) Muffin w/Yogurt (F) Variety Biscuit
8 Chicken Quesadilla Black Beans Tossed Salad Fruit	9 Mini Cheese Ravioli w/Breadsticks Steamed Broccoli Seasoned Corn Fruit	10 Philly Cheese Steak Wrap Potato Wedges Green Peas Fruit	11 New Orleans Mandarin Chicken w/Rice Honey Glazed Carrots Green Beans Fruit	12 Mini Corndogs Tater Tots Cole Slaw Fruit	(M) Mini Waffles (T) Assorted Cereal (W) Breakfast Bar (Th) Bagel w/Cream Cheese (F) Variety Biscuit
15 MLK HOLIDAY	16 Baked Spaghetti Carrots Green Beans Breadstick Fruit	17 Taco Soup Black Beans Tomato Salsa Seasoned Corn Fruit	18 Hamburger Steak w/Gravy Oven Roasted Potatoes Green Beans Roll Fruit	19 BBQ Sandwich Baked Beans Potato Wedges Fruit	(M) Muffin w/Yogurt (T) Assorted Cereal (W) Breakfast Bar (Th) Muffin w/Yogurt (F) Variety Biscuit
22 Cheeseburger w/Bun Baby Carrots Green Beans Fruit	23 Flatbread Chicken Melt California Mixed Veggies Pinto Beans Fruit	24 Fish Sandwich Cole Slaw Sweet Potato Waffle Fries Fruit	25 General Tso Chicken w/Fried Rice Egg Roll Honey Glazed Carrots Fruit	26 Pizza w/Marinara Sauce Baked Beans Potato Wedges Fruit	(M) Mini Pancakes in Bag (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Breakfast Bar (F) Variety Biscuit
29 Popcorn Chicken Steamed Broccoli Garden Salad w/dressing Breadstick Fruit	30 Beefy Mac Steamed Broccoli Steamed Carrots Breadstick Fruit	31 Chicken Fajita w/Tortilla Spanish Rice Peppers/Onions Garden Salad w/dressing FRUIT			(M) Muffin w/Cereal (T) Breakfast Bar (W) Breakfast Bar

"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.



Marion County Middle High School

JANUARY, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
 1	TEACHER PLANNING 2	Cheeseburger OR Chilli Dog Potato Wedges Fruit 3	Salisbury Steak w/Gravy Mashed Potatoes Green Beans Roll Fruit 4	MANAGER'S CHOICE 5	(M) Assorted Cereals (T) Pancake on a Stick (W) Breakfast Pizza (Th) Mini Bagels w/cream cheese (F) Variety Biscuit
Baked Spaghetti OR Chicken Parmesan Honey Glazed Carrots Green Beans Breadstick Fruit 8	Taco Soup OR Chicken Quesadilla Seasoned Corn Black Beans Tomato Salsa Fruit 9	Chicken Filet Sandwich OR Corndog Sweet Potato Tots Cole Slaw Fruit 10	Oven Fried Chicken Squash Casserole Turnip Greens Cornbread Fruit 11	Fish Sandwich OR BBQ Sandwich Baked Beans Potato Wedges Fruit 12	(M) Mini Pancakes (T) Breakfast Bar (W) Breakfast Pizza (Th) Muffin w/Yogurt (F) Variety Biscuit
MLK HOLIDAY 15	Boneless Buffalo Bites w/roll OR Philly Cheesesteak Hoagie Veggie Dippers Sweet Potatoes Fries Tossed Salad w/dressing Fruit 16	BREAKFAST FOR LUNCH Chicken Nuggets OR Sausage w/Waffles or Pancakes Tater Tots Steamed Broccoli Fruit 17	Oven Fried Chicken Collard Greens Sweet Potato Souffle Cornbread Fruit 18	Seafood Basket OR BBQ Sandwich Cole Slaw Potato Wedges Fruit 19	(M) Assorted Cereals (T) Pancake on a Stick (W) Breakfast Pizza (Th) Mini Bagels w/cream cheese (F) Variety Biscuit
Meatloaf OR Chicken Tenders Mashed Potatoes Green Peas Roll Fruit 22	Chicken Fajitas OR Beef Nachos Black Beans Tomato Salsa Seasoned Corn Fruit 23	Cheeseburger OR Chilli Cheese Pups Corn on the Cob Potato Wedges Fruit 24	Oven Fried Chicken Oven Roasted Potatoes Green Beans Roll Fruit 25	Pizza w/Marinara Sauce OR Taco Baked Beans Potato Wedges Fruit 26	(M) Mini Pancakes (T) Breakfast Bar (W) Breakfast Pizza (Th) Muffin w/Yogurt (F) Variety Biscuit
Popcorn Chicken OR Beefy Mac Steamed Broccoli Garden Salad w/dressing Breadstick Fruit 29	Beef Vegetable Soup w/Grilled Cheese OR Chicken Filet Sandwich Steamed Broccoli Garden Salad w/dressing Fruit 30	Chicken Filet Sandwich OR Rib-A-Que Sandwich Sweet Potato tots Cole Slaw Fruit 31			(M) Assorted Cereals (T) Pancake on a Stick (W) Breakfast Pizza

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