



L.K. Moss Elementary School

JANUARY, 2018 MENU

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

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