



# Marion County Middle High School

## MAY, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
		1 Lasagna w/Breadstick BBQ on Bun Garden Salad w/Dressing Whole Kernel Corn Fruit	2 Rib-A-Que Sandwich Hot Dog w/Coleslaw Baked Beans Fruit	3 Pizza w/Marinara Sauce OR Buffalo Nuggets w/roll Steamed Broccoli Corn Fruit	W) Mini Cinnis (Th) Muffin or Cereal w/Yogurt (F)Variety Biscuit
6 Buffalo Chicken Sandwich Hamburger on Bun w/Lettuce/Tomato Tater Tots Seasoned Green Beans Fruit	7 Chicken Burrito Beef Nachos Salsa Seasoned Corn Black Beans Fruit	8 Baked Spaghetti Chicken Nuggets Corn Steamed Broccoli Breadstick Fruit	9 General Tso Chicken w/Fried Rice/Egg Roll Steak Sandwich Oriental Veggies Glazed Carrots Garden Salad w/Dressing Fruit	10 Pizza w/Marinara Sauce Popcorn Chicken w/roll Potato Wedges Seasoned Corn Fruit	(M) Mini Pancakes w/ sausage (T) Breakfast Bar or Cereal (W)Breakfast Pizza (Th) Muffin or Cereal w/Yogurt (F) Variety Biscuit
13 Chili Cheese Pups BBQ Sandwich Potato Fries Steamed Carrots Fruit	14 Chicken Filet Sandwich Rib-A-Que Sandwich Sweet Potato tots Cole Slaw Fruit	15 Cheeseburger on Bun OR Corndog Baked Beans Garden Salad w/dressing Fruit	16 Philly Cheese Steak Sandwich Ham/Turkey Hoagie Steamed Broccoli Oriental Vegetables Fruit	17 <b>EARLY RELEASE MENU</b>	(M) French Toast w/sausage (T) Muffin or Cereal w/Yogurt (W) Mini Cinnis (Th) Muffin or Cereal w/Yogurt (F)Variety Biscuit
20 	21 	22 	23 	24 	
27 	28 	29 	30 	31 	

**"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.



**NUTRITION TIP**

**HAVE A SAFE AND RESTFUL SUMMER BREAK**  
Make healthy choices by using MyPlate as a reminder to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)