



L.K. Moss Elementary School

FEBRUARY, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			1	2	(M) (T) (W) (Th)Mini Bagels (F)Variety Biscuit
			Turkey Roast w/Gravy Turnip Greens Sweet Potatoes Cornbread Fruit	Chicken Sandwich w/Lettuce/Tomatoes Potato Wedges Baby Carrots w/ranch Fruit	
5	6	7	8	9	(M) Mini Pancakes (Tu) Muffin w/Yogurt (W) Mini Bagels (Th) Breakfast Bar (F) Variety Biscuit
Hamburger on Bun Lettuce/Tomatoes Potato Wedges Veggie Dippers Fruit	Beef Ravioli Honey Glazed Carrots Lima Beans Breadstick Fruit	Chicken Tenders Sweet Potatoes Green Beans Roll Fruit	Baked Spaghetti Steamed Broccoli Corn on the Cob Roll Fruit	Corndogs Cole Slaw Tater Tots Fruit	
12	13	14	15	16	(M)Muffin w/Yogurt (T)Assorted Cereal (W)Breakfast Bar (Th)Mini Bagels (F)Variety Biscuit
Pizza w/Marinara Sauce Steamed Broccoli Seasoned Corn Fruit	Beefy Mac Mashed Potatoes Green Peas Breadstick Fruit	Flatbread Chicken Melt California Mixed Veggies Pinto Beans Fruit	General Tso Chicken w/Fried Rice Egg Roll Honey Glazed Carrots Fruit	Chicken Filet Sandwich w/Lettuce/Tomatoes Seasoned Green Beans Oven Fries Fruit	
19	20	21	22	23	(M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F)Variety Biscuit
PRESIDENTS DAY HOLIDAY	Beef Nachos w/Salsa Seasoned Corn Black Beans Fruit	Fish Sandwich California Blend Veggies Sweet Potato Fries Fruit	Oven Roasted Chicken Mashed Potatoes Green Beans Roll Fruit	Pizza w/Marinara Sauce Baked Beans Potato Wedges Fruit	
26	27	28			(M)Mini Waffles (T)Assorted Cereal (W)Breakfast Bar
Cheeseburger on Bun Baby Carrots Green Beans Fruit	Chicken Fajita w/Tortilla/Peppers/Onions Spanish Rice Seasoned Corn Fruit	Hot Dog on Bun Chilli Sweet Potato Fries Fruit			

“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

FEBRUARY, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			1 Salisbury Steak w/gravy Mashed Potatoes Green Peas Ham/Cheese Hoagie Roll Fruit	2 T'so Chicken w/Rice Stir Fry Vegetables Philly Steak/Cheese w/Peppers/Onions Breadstick Fruit	(M) (T) (W) (Th)Muffin w/Yogurt (F)Variety Biscuit
5 Meatloaf OR Chicken Nuggets Mashed Potatoes Green Peas Roll Fruit	6 Taco Soup OR Chicken Quesadilla Seasoned Corn Black Beans Tomato Salsa Fruit	7 Beef Vegetable Soup w/Grilled Cheese OR Chicken Filet Sandwich Sweet Potatoes Tomato Broccoli Fruit	8 Oven Fried Chicken Squash Casserole Green Beans Roll Fruit	9 Cheeseburger on Bun OR Chilli Cheese Pups Baby Carrots Potato Fries Fruit	(M) Mini Pancakes (T) Breakfast Bar (W)Breakfast Pizza (Th) Muffin w/Yogurt (F) Variety Biscuit
12 Baked Spaghetti OR Chicken Parmesan Honey Glazed Carrots Seasoned Green Beans Breadstick Fruit	13 Chicken Filet Sandwich OR Hot Dog on Bun w/Chilli Sweet Potato Fries Corn on the Cob Fruit	14 BREAKFAST FOR LUNCH Chicken Nuggets OR Sausage w/Waffles or Pancakes Tater Tots Steamed Broccoli Fruit	15 Oven Fried Chicken Collard Greens Sweet Potato Souffle Cornbread Fruit	16 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
19 PRESIDENTS DAY HOLIDAY	20 Chicken Fajitas OR Beef Nachos Black Beans Tomato Salsa Seasoned Corn Fruit	21 Chilli Bowl w/Grilled Cheese OR Chicken Nuggets Baked Potato Steamed Broccoli Fruit	22 Oven Fried Chicken Cream Corn Turnip Greens Cornbread Fruit	23 Cheeseburger on Bun OR Chicken Tenders w/breadstick Garden Salad w/dressing Potato Wedges Fruit	(M) Mini Pancakes (T) Breakfast Bar (W)Breakfast Pizza (Th) Muffin w/Yogurt (F) Variety Biscuit
26 Popcorn Chicken OR Salisbury Steak w/Gravy Mashed Potatoes Green Peas Roll Fruit	27 BBQ on Bun OR Fish Sandwich Sweet Potato Fries Steamed Broccoli Fruit	28 New Orleans Mandarin Chicken Beef & Broccoli w/Rice/Egg Roll Honey Glazed Carrots Oriental Veggies Fruit			(M)Assorted Cereals (T)Pancake on a Stick (W)Breakfast Pizza

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