



L.K. Moss Elementary School MARCH, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			1	2	(M) (T) (W) (Th)Mini Pancakes (F)Muffin w/Yogurt
			Salisbury Steak w/gravy Potato Skins Steamed Broccoli Roll Fruit	BBQ on Bun Coleslaw Potato Wedges Fruit	
5	6	7	8	9	(M) Mini Pancakes (Tu) Muffin w/Yogurt (W) Mini Bagels (Th) Breakfast Bar (F) TEACHER PLANNING
Hamburger on Bun Lettuce/Tomatoes Potato Wedges Veggie Dippers Fruit NATIONAL	Beef Ravioli Honey Glazed Carrots Lima Beans Breadstick Fruit SCHOOL	Chicken Tenders Sweet Potatoes Green Beans Roll Fruit BREAKFAST	EARLY RELEASE MENU WEEK	TEACHER PLANNING 2018	
12	13	14	15	16	(M)Muffin w/Yogurt (T)Assorted Cereal (W)Breakfast Bar (Th)Mini Bagels (F)Variety Biscuit
Beefy Mac Mashed Potatoes Green Peas Breadstick Fruit	Chicken Nuggets Mixed Vegetables Baby Carrots Roll Fruit	Breaded Steak Sandwich Potato Tots Veggie Dippers w/ranch Fruit	General Tso Chicken w/Fried Rice Egg Roll Steamed Broccoli Fruit	BBQ Sandwich Baked Beans Potato Wedges Fruit	
19	20	21	22	23	(M)Mini Pancakes (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F)Variety Biscuit
Baked Spaghetti Glazed Carrots Garden Salad w/dressing Breakstick Fruit	Fish Sandwich California Blend Veggies Sweet Potato Fries Fruit	Beef Nachos w/Salsa Seasoned Corn Black Beans Fruit	Oven Roasted Chicken Mashed Potatoes Green Beans Roll Fruit	Chicken Filet Sandwich w/Lettuce/Tomatoes Steamed Broccoli Potato Tots Fruit	
26	27	28	29	30	(M)Muffin w/Yogurt (T)Assorted Cereal (W)Breakfast Bar (Th)Mini Bagels (F)Variety Biscuit
Cheeseburger on Bun Baby Carrots Potato Wedges Fruit	Chicken Fajita w/Tortilla/Peppers/Onions Spanish Rice Seasoned Corn Fruit	Hot Dog on Bun w/Chilli Sweet Potato Fries Fruit	Turkey Roast w/Gravy Seasoned Green Beans Sweet Potatoes Roll Fruit	Pizza w/Marinara Sauce Baked Beans Garden Salad w/dressing 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.



MAKE A FRESH START WITH SPRINGS FOODS

Spring is a great time to hit the reset button and reintroduce some fresh foods into your diet after a long winter. Get into the swing of spring produce with seasonal favorites such as spinach, yogurt, strawberries, and asparagus. These foods are packed with vitamins A, B, C, and K.



Marion County Middle High School

MARCH, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			1	2	(M) (T) (W) (Th)Muffin w/Yogurt (F)Variety Biscuit
			Buffalo Chicken Wings Breadstick California Blend Veggies Potato Wedges Fruit	BBQ on Bun OR Fish Sandwich Sweet Potato Fries Steamed Broccoli Fruit	
5	6	7	8	9	(M) Assorted Cereals (T) Pancake on a Stick (W) Breakfast Pizza (Th) Mini Bagels w/cream cheese (F)Variety Biscuit
Cheeseburger OR Rib-A-Que Sandwich Sweet Potato Fries Seasoned Green Beans Fruit <b style="color: green;">NATIONAL	Taco Soup OR Chicken Quesadilla Seasoned Corn Black Beans Tomato Salsa Fruit <b style="color: green;">SCHOOL	Philly Cheese Steak Sandwich OR Corn dog Mixed Vegetables Potato Tots Fruit <b style="color: green;">BREAKFAST	EARLY RELEASE MENU <b style="color: green;">WEEK	TEACHER PLANNING <b style="color: green;">2018	
12	13	14	15	16	(M) Mini Pancakes (T) Breakfast Bar (W)Breakfast Pizza (Th) Muffin w/Yogurt (F) Variety Biscuit
Sloppy Joe on Bun OR Chicken Filet Sandwich Potato Fries California Blend Veggies Fruit	Baked Spaghetti OR Chicken Parmesan Honey Glazed Carrots Seasoned Green Beans Breadstick Fruit	Ham/Cheese Hoagie w/lettuce/tomato OR Chili Bowl w/bake potato/saltines Steamed Broccoli Fruit	Oven Fried Chicken Cream Corn Turnip Greens Cornbread Fruit	Seafood Basket OR BBQ Sandwich Cole Slaw Potato Wedges Fruit	
19	20	21	22	23	(M) Assorted Cereals (T) Pancake on a Stick (W) Breakfast Pizza (Th) Mini Bagels w/cream cheese (F)Variety Biscuit
General Tso Chicken w/ Rice Chicken Nuggets Tossed Salad Honey Glazed Carrots Fruit	General Tso Chicken OR Beef & Broccoli w/Rice/Egg Roll Honey Glazed Carrots Oriental Veggies Fruit	Beef Nachos OR Chicken Fajita Spanish Rice Seasoned Corn Seasoned Black Beans Fruit	Salisbury Steak w/Gravy OR Chicken Tenders Mashed Potatoes Seasoned Green Beans Fruit	Pizza w/Mariana Sauce Fish on Bun Garden Salad w/dressing Seasoned Corn Fruit	
26	27	28	29	30	(M) Mini Pancakes (T) Breakfast Bar (W)Breakfast Pizza (Th) Muffin w/Yogurt (F) Variety Biscuit
Buffalo Chicken Wrap OR Beefy Mac Sweet Potato Fries California Blend Vegetables Fruit	Taco OR Chicken Fajitas Black Beans Tomato Salsa Seasoned Corn Fruit	New Orleans Mandarin Chicken Beef & Broccoli w/Rice/Egg Roll Honey Glazed Carrots Oriental Veggies Fruit	Turkey Roast w/gravy Seasoned Green Beans Mashed Potatoes Roll Fruit	Cheeseburger OR Hotdog w/chilli Garden Salad w/dressing Potato Wedges Fruit	

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