




L.K. Moss Elementary School

SEPTEMBER, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
					(M) (T) (W) (Th) (F)
 3	4 Cheeseburger on Bun Tater Tots Steamed Broccoli Fruit	5 Oven Fried Chicken Seasoned Green Beans Mashed Potatoes Roll Fruit	6 Mini Corn Dogs Sweet Potato Fries Baked Beans Fruit	7 Chicken Filet Sandwich w/Lettuce/Tomato Potato Wedges Corn on Cob Fruit	(M) LABOR DAY HOLIDAY (T) Muffin w/Yogurt (W) Cereal bar w/cheesestick (Th) Fruit Pastry (F) Variety Biscuit
Breakfast for Lunch 10 French Toast Sticks w/Eggs/Sausage Green Peas Fruit	11 Chicken Quesadilla w/ Black Beans Seasoned Corn Tomato Salsa Fruit	12 Cheese Filled Breadsticks w/Marinara Sauce Garden Salad w/dressing Steamed Broccoli Fruit	13 Ham/Cheese Hoagie Sun Chips Veggie Dippers Fruit	14 Pizza w/Marinara Sauce Baked Beans Potato Wedges Fruit	(M) Pancakes, Mini (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Fruit Pastry (F) Asst Cereals
17 Mandarin Orange Chicken w/Fried Rice & Egg Roll Steamed Carrots Roll Fruit	18 Chili Cheese Pups Baked Beans Sweet Potato Fries Fruit	19 Oven Fried Chicken Seasoned Green Beans Oven Roasted Potatoes Roll Fruit	20 Mini Cheese Ravioli w/Breadsticks Steamed Broccoli Corn on Cob Fruit	21 Spaghetti w/Garlic Bread Seasoned Corn Garden Salad w/Dressing Fruit	(M) Poptart w/cheesestick (T) Muffin w/Yogurt (W) Cereal bar w/cheesestick (Th) Fruit Pastry (F) Variety Biscuit
24 Boneless Buffalo Bites California Vegetable Blend Oven Fries Breadstick Fruit	25 Loaded Nachos Refried Beans Seasoned Corn Fruit	26 Cheese Filled Breadsticks w/Marinara Sauce Garden Salad w/dressing Steamed Broccoli Fruit	27 Mini Corn Dogs Sweet Potato Fries Seasoned Green Beans Fruit	28 Pizza w/Marinara Sauce Baked Beans Potato Wedges Fruit	(M) Pancakes, Mini (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Fruit Pastry (F) Asst Cereals

“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.



*Everything you eat and drink matters.
 The right mix of foods in your meals and snacks can help you be healthier now and into the future.
 Turn small changes in how you eat into your MyPlate, My Wins.
 Kick your year off with a great start.*



Marion County Middle High School

SEPTEMBER, 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
					(M) (T) (W) (Th) (F)
3	4 Buffalo Chicken Sandwich Hot Dog on Bun w/Chilli Veggie Dippers Potato Wedges Fruit	5 Oven Baked Chicken Steamed Broccoli Oven Roasted Potatoes Roll Fruit	6 Ham/Cheese Sub Corndog Mixed Vegetables Sweet Potato Fries Fruit	7 Pizza w/Marinara Sauce Taco w/lettuce/tomato/cheese Baby Carrots Tater Tots Fruit	(M) LABOR DAY HOLIDAY (T) Breakfast Pizza (W) Pancakes & Sausage (Th) Breakfast Bar (F) Variety Biscuit
10 Mandarin Orange Chicken Beef & Broccoli Fried Rice & Egg Roll Steamed Carrots Steamed Broccoli Roll Fruit	11 Cheeseburger on Bun Chicken Nuggets Potato Fries California Blend Vegetables Breadstick Fruit	12 Philly Cheese Steak Hot Dog on Bun Cole Slaw Potato Fries Fruit	13 Chicken Wings Hot Ham/Cheese Hoagie Sun Chips Veggie Dippers Garden Salad w/dressing Garlic Toast Fruit	14 Buffalo Chicken Sandwich BBQ on Bun Green Beans Potato Wedges Fruit	(M) French Toast w/sausage (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Breakfast Bar (F) Variety Biscuit
17 Popcorn Chicken Sloppy Joe on Bun Potato Wedges Veggie Dippers Breadstick Fruit	18 Loaded Nachos Chicken Quesadilla Black Beans Tomato Salsa Seasoned Corn Fruit	19 Oven Baked Chicken Steamed Cabbages Breaded Orka Cornbread Fruit	20 Salisbury Steak w/Gravy Popcorn Chicken Mashed Potatoes Seasoned Green Beans Roll Fruit	21 Pizza w/Marinara Sauce Taco w/lettuce/tomato/cheese Baby Carrots Tater Tots Fruit	(M) Chicken & Waffles (T) Breakfast Pizza (W) Pancakes & Sausage (Th) Breakfast Bar (F) Variety Biscuit
24 Cheeseburger on Bun Fajita Chicken Wrap Tater Tots Steamed Broccoli Fruit	25 Boneless Buffalo Bites Rib-A-Que California Vegetable Blend Potato Wedges Breadstick Fruit	26 Spaghetti w/Garlic Bread Cajun Chicken Wrap Seasoned Corn Garden Salad w/Dressing Fruit	27 Breakfast for Lunch Chicken & Waffles OR Sausage & Waffles Potato Tots Steamed Broccoli Fruit	28 BBQ Sandwich Seafood Basket w/Hushpuppies Coleslaw Sweet Potato Fries Fruit	(M) French Toast w/sausage (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Breakfast Bar (F) Variety Biscuit