



L.K. Moss Elementary School OCTOBER, 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
2 Hot Dogs Sweet Potato Fries Baked Beans Fruit	3 BBQ Sandwich Potato Wedges Green Beans Fruit	4 Chicken Tenders Steamed Broccoli Mashed Potatoes Roll Fruit	5 EARLY RELEASE MENU	6 TEACHER PLANNING DAY	(M)Assorted Cereals (T)Mini Bagels (W)Breakfast Bar (Th)Muffin w/Yogurt (F) TEACHER PLANNING DAY
9 Chicken Quesadilla Black Beans Tossed Salad Fruit <b style="color: orange;">NATIONAL	10 Mini Cheese Ravioli w/Breadsticks Steamed Broccoli Seasoned Corn Fruit <b style="color: orange;">SCHOOL	11 Philly Cheese Steak Wrap Potato Wedges Green Peas Fruit <b style="color: orange;">LUNCH	12 New Orleans Mandarin Chicken w/Rice Honey Glazed Carrots Green Beans Fruit <b style="color: orange;">WEEK	13 Mini Corndogs Sidewinders Cole Slaw Fruit <b style="color: orange;">2017	(M)Mini Waffles (T)Assorted Cereal (W)Breakfast Bar (Th)Bagel w/Cream Cheese (F)Variety Biscuit
16 Pizza w/Marinara Sauce Sidewinders Baked Beans Fruit	17 Breakfast for Lunch: Sausage & Waffles Tator Tots Cherry Tomatoes w/ Ranch Fruit	18 Hamburger Steak w/Gravy Oven Roasted Potatoes Green Beans Roll Fruit	19 HOLIDAYS	20 HOLIDAYS	(M)Muffin w/Yogurt (T)Assorted Cereal (W)Breakfast Bar (Th) HOLIDAYS (F) HOLIDAYS
23 Cheeseburger w/Bun Baby Carrots Green Beans Fruit	24 Flatbread Beef Melt California Mixed Veggies Pinto Beans Fruit	25 Fish Sandwich Cole Slaw Sweet Potato Waffle Fries Fruit	26 General Tso Chicken w/Rice Steamed Broccoli Blackeyed Peas Fruit	27 BBQ Sandwich Cole Slaw Potato Wedges Fruit	(M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F)Variety Biscuit
30 Popcorn Chicken Honey Glazed Carrots Garden Salad w/dressing Breadstick Fruit	31 Loaded Nachos Refried Beans Seasoned Corn Fruit				(M)Muffin w/Cereal (T)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.



*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 OCTOBER, 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
<p style="text-align: right;">2</p> New Orleans Mandarin Chicken Beef & Broccoli w/Rice Oriental Vegetables Honey Glazed Carrots Breadsticks Fruit	<p style="text-align: right;">3</p> Breakfast for Lunch: Chicken & Waffles Sausage & Waffles Tator Tots Cherry Tomatoes w/ Ranch Fruit	<p style="text-align: right;">4</p> Baked Spaghetti Chicken Nuggets Glazed Carrots Blackeyed Peas Breadstick Fruit	<p style="text-align: right;">5</p> EARLY RELEASE MENU	<p style="text-align: right;">6</p> TEACHER PLANNING DAY	(M)Breakfast Burrito (T)Waffles (W)Breakfast Pizza (Th)Variety Biscuit (F) TEACHER PLANNING DAY
<p style="text-align: right;">9</p> Buffalo Chicken Wrap w/Lettuce/Tomato Loaded Beef Nachos Refried or Black Beans Seasoned Corn Fruit <p style="text-align: center;">NATIONAL</p>	<p style="text-align: right;">10</p> BBQ Sandwich Corndogs Garden Salad w/dressing Honey Glazed Carrots Fruit <p style="text-align: center;">SCHOOL</p>	<p style="text-align: right;">11</p> General Tso Chicken w/rice Egg Roll Steak Sandwich on Bun Steamed Broccoli Fruit <p style="text-align: center;">LUNCH</p>	<p style="text-align: right;">12</p> Oven Baked Chicken Squash Casserole Turnip Greens Cornbread Fruit <p style="text-align: center;">WEEK</p>	<p style="text-align: right;">13</p> Cheeseburger Fish Sandwich Potato Fries Corn on Cob Fruit <p style="text-align: center;">2017</p>	(M)Mini Bagels (T) Breakfast Burrito (W) Waffles (Th)Breakfast Pizza (F)Variety Biscuit
<p style="text-align: right;">16</p> Chicken Fajita Load Nachos Black Beans Tomato Salsa Seasoned Corn Fruit	<p style="text-align: right;">17</p> Sweet & Sour Chicken Salisbury Steak Asian Style Rice Steamed Veggies Breadsticks Fruit	<p style="text-align: right;">18</p> Breakfast for Lunch Chicken & Waffles Sausage & Waffles Potato Tots Steamed Broccoli Fruit	<p style="text-align: right;">19</p> HOLIDAYS	<p style="text-align: right;">20</p> HOLIDAYS	(M) Mini Bagels (T) Breakfast Burrito (W)Waffles (Th) HOLIDAYS (F) HOLIDAYS
<p style="text-align: right;">23</p> Popcorn Chicken Meatloaf Mashed Potatoes Broccoli & Cheese Fruit	<p style="text-align: right;">24</p> Taco Chicken Quesadilla Black Beans Tomato Salsa Fruit	<p style="text-align: right;">25</p> Cheeseburger Hot Dogs w/chilli Potato Wedges Steamed Carrots Fruit	<p style="text-align: right;">26</p> Oven Baked Chicken Steamed Cabbages Carrots Cornbread Fruit	<p style="text-align: right;">27</p> Pizza w/Marinara Sauce Chicken Sandwich w/lettuce/tomato Green Beans Sweet Potato Fries Fruit	M)Mini Pancakes in Bag (T)Muffin w/Yogurt (W)Mini Cinnis (Th)Breakfast Bar (F) Variety Biscuit
<p style="text-align: right;">30</p> Chicken Filet Sandwich BBQ Sandwich Sweet Potato Fries Baby Lima Beans Fruit	<p style="text-align: right;">31</p> Salisbury Steak w/gravy Chicken Tenders Steamed Broccoli Mashed Potatoes Breadstick Fruit				M)Mini Pancakes in Bag (T)Muffin w/Yogurt

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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. ** Alternate Entrees that may be available **
 Dell Sandwich or Chef Salad



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