




Marion County Middle High School

SEPTEMBER, 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
				Corn Dog Baked Beans Potato Fries Fruit	1 (M) (T) (W) (Th) (F)Ham Biscuit, Cereal, Fruit
	4 Chicken Tenders Fish Sandwich Steamed Broccoli Potato Fries Roll Fruit	5 Loaded Nacho's w/salsa Chicken or Beef Seasoned Corn Seasoned Black Beans Fruit	6 Hot Ham & Cheese Sandwich Yogurt Tray Sun Chips Veggie Dippers w/ranch Fruit	7 Pizza w/marinara Sauce Rib-A-Que Sandwich Sweet Potato Fries Corn on the Cob Fruit	8 (M) LABOR DAY HOLIDAY (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F)Sausage Biscuit, Cereal, Fruit
11 Breakfast for Lunch French Toast Strips Chicken or Sausage Tater Tots Fruit	12 Mandarin Orange Chicken Fried Rice Glazed Carrots Roll Fruit	13 PB&J Uncrustable Veggie Dippers w/ranch Sun Chips Fruit	14 BBQ on Bun Sweet Potato Fries Baked Beans Fruit	15 Calzone w/marinara sauce Seasoned Corn Steamed Broccoli Fruit	(M)Mini Cinnis, Cereal Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Chex Mix, Fruit (F)Ham Biscuit, Cereal, Fruit
18 Chilli Cheese Pup Steak Sandwich Potato Wedges Fruit	19 Loaded Nacho's w/salsa Chicken or Beef Seasoned Corn Seasoned Black Beans Fruit	20 Oven Baked Chicken Mashed Potatoes Seasoned Green Beans Roll Fruit	21 Cheeseburger Fish Sandwich Steamed Broccoli Sweet Potato Fries Fruit	22 Chicken Fillet Sandwich Meatball Sub Potato Fries Baby Carrots Fruit	(M)Cereal, Nutrigrian Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F)Sausage Biscuit, Cereal, Fruit
25 Breakfast for Lunch French Toast Strips Chicken or Sausage Tater Tots Fruit	26 General Tso Chicken Fried Rice Glazed Carrots Roll Fruit	27 Spaghetti w/meatsauce Seasoned Corn Steamed Broccoli Garlic Bread Fruit	28 Chicken Filet Sandwich w/lettuce/tomato/pickle Sweet Potato Fries California Blend Veggies Fruit	29 Corn Dog Baked Beans Potato Fries Fruit	(M)Mini Cinnis, Cereal Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Chex Mix, Fruit (F)Sausage Biscuit, Cereal, Fruit

"DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, MENUS ARE SUBJECT TO CHANGE"

Helpful Information*

Each breakfast meal contains 3 components
 Grain, Fruit, Milk

Each lunch meal contains 5 components
 Grain, Meat/Meat Alternate, Fruit, Veggie, Milk

Kids who fuel up in the morning focus and concentrate better in the classroom and perform better on math, reading and standardized tests. Your child's lunch contributes significantly to their overall nutrient and energy needs, so make the most of it.

