



Marion County Middle High School

OCTOBER, 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
2 Hot Dog w/chilli Potato Wedges Baby Carrots Fruit	3 Chicken Filet Sandwich Sweet Potato Fries Seasoned Green Beans Fruit	4 TEACHER PLANNING	5 	6 	(M)Waffle, Cereal, Fruit (T)Pancake on a Stick, Chex Mix, Fruit (W) TEACHER PLANNING (Th) FALL BREAK (F) FALL BREAK
9  NATIONAL	10 Chicken Quesadilla w/salsa Tacos Seasoned Black Beans Seasoned Corn Fruit SCHOOL	11 Turkey & Cheese Hoagie w/lettuce/tomato Yogurt Tray Sun Chips Baby Carrots Fruit LUNCH	12 Beef-A-Roni Buffalo Chicken Wrap Sweet Potato Fries Steamed Broccoli Roll Fruit WEEK	13 BBQ on Bun Shrimp Basket Potato Fries Cole Slaw Fruit 2023	(M) FALL BREAK (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F)Chicken Biscuit, Cereal, Fruit
16 Breakfast for Lunch Chicken Bites w/waffles Tater Tots Steamed Carrots Fruit	17 Loaded Beef Nachos Seasoned Black Beans Seasoned Corn Fruit	18 Oven Fried Chicken Seasoned Squash Mashed Potatoes Roll Fruit	19 Chili Cheese Pup Potato Wedges Steamed Broccoli Fruit	20 Rib-A-Que Sandwich Sweet Potato Fries Garden Salad w/dressing Fruit	(M)Mini Cinnis, Cereal Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Chex Mix, Fruit (F)Ham Croissant, Cereal, Fruit
23 Cheeseburger Steak Sandwich Potato Fries Seasoned Green Beans Fruit	24 Taco Soup Grilled Cheese Sandwich Steamed Broccoli Fruit	25 PB&J Uncrustable Fish Sandwich Fried Okra Baby Carrots w/ranch Sun Chips Fruit	26 Chicken Stir Fry Glazed Carrots Oriental Blend Veggies Roll Fruit	27 Calzone w/Marinara Sauce Chicken Sandwich w/lettuce/tomato Seasoned Corn Sweet Potato Fries Fruit	(M)Cereal, Nutrigrian Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F)Sausage Biscuit, Cereal, Fruit
30 General Tso Chicken w/Fried Rice Steamed Broccoli Roll Fruit	31 Spaghetti w/meatsauce Garden Salad w/dressing Corn on Cob Fruit				(M)Mini Cinnis, Cereal Bar, Fruit (T)Poptart, Cheesestick, 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. ** Alternate Entrees that may be available ** Deli Sandwich or Chef Salad.



October is national Eat Better, Eat Together month and the perfect time to focus on an important subject...family meals! Aside from nutritional benefits, children and adolescents who eat with their families are also more likely to perform better in school and have fewer behavioral problems.

