



Marion County Middle High School

FEBRUARY, 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			February 1 Chicken Nuggets Seasoned Green Beans Mashed Potatoes Roll Fruit	2 BBQ Sandwich Cole Slaw Baked Beans Fruit	(M) (T) (W) (Th)Muffin, Chex Mix, Fruit (F)Assorted Cereals, Yogurt, Fruit
5 Chicken Filet Sandwich Tater Tots Steamed Broccoli Fruit	6 Loaded Beef Nachos w/salsa Seasoned Black Beans Seasoned Corn Fruit	7 Roasted Turkey w/gravy Seasoned Green Beans Mashed Potatoes Roll Fruit	8 Hot Ham & Cheese Sandwich Veggie Dippers w/ranch Sun Chips Fruit	9 Pizza w/Marinara Sauce 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
12 Chilli Cheese Pups Potato Fries Steamed Carrots Fruit	13 Chicken Quesadilla w/Salsa Seasoned Corn Seasoned Black Beans Fruit	14 General Tso Chicken w/Fried Rice Steamed Broccoli Roll Cookie Fruit	15 Calazone's Sweet Potato Fries Garden Salad w/dressing Fruit	16 TEACHER PLANNING	(M)Cereal, Nutrigrian Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F) TEACHER PLANNING
19 PRESIDENTS DAY HOLIDAY	20 BREAKFAST FOR LUNCH Chicken w/waffles Steamed Broccoli Tater Tots Fruit	21 Roasted Turkey w/gravy Seasoned Green Beans Mashed Potatoes Roll Fruit	22 BBQ Sliders Potato Wedges Baked Beans Fruit	23 Cheeseburger w/lettuce/tomatoes Sweet Potato Fries Seasoned Corn Fruit	(M) PRESIDENTS DAY HOLIDAY (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Chex Mix, Fruit (F)Ham Croissant, Cereal, Fruit
26 Chicken Filet Sandwich Potato Wedges Baked Beans Fruit	27 Vegetable Beef Soup w/Grilled Cheese Sandwich Steamed Broccoli Fruit	28 Mandrian Orange Chicken w/Fried Rice Steamed Carrots Roll Fruit	29 Calazone's Garden Salad w/dressing Seasoned Corn Fruit		(M)Cereal, Nutrigrian Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, 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



HEALTHY TIPS

Drink 8 to 12 cups of water daily
Eat dark green vegetables at least three to four times a week
Eat whole grains at least two or three times daily
Eating right is important to staying at a healthy weight.