





Marion County Middle High School

JANUARY, 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			 1	 2	(M) (T) (W) (Th)HOLIDAY (F)HOLIDAY
5 TEACHER PLANNING	6 Hot Ham & Cheese Sandwich Veggie Dippers w/ranch Seasoned Green Beans Sun Chips Fruit	7 Chicken Noodle Soup Grilled Cheese Sandwich Steamed Broccoli Seasoned Green Peas Garden Salad w/dressing Fruit	8 Calazone's w/marinara sauce Seasoned Corn Sweet Potato Fries Fruit	9 Chicken Fajita Bowl w/salsa Seasoned Black Beans Steamed Carrots Roll Fruit	(M) TEACHER PLANNING (T)Breakfast Pizza, Donut, Fruit (W)Sausage Biscuit, Cereal, Fruit (Th)Poptart, Cereal, Fruit (F)Muffin, Chex Mix, Fruit
12 Breakfast for Lunch Ham, Egg, Cheese, Croissant Steamed Broccoli Tater Tots Fruit	13 Chicken Quesadilla w/salsa Seasoned Corn Seasoned Black Beans Fruit	14 Salisbury Steak w/gravy Mashed Potatoes Mixed Vegetables Roll Fruit	15 Pizza Garden Salad w/dressing Seasoned Green Beans Onion Rings w/sauce Fruit	16 Chicken Hawaiian Wrap Stir Fry Vegetables & Noodles Steamed Carrots Roll Fruit	(M)PB&J Uncrustable, Poptart, Fr (T)Sausage, Egg, Toast, Fruit (W)Breakfast Pizza, Cereal, Fruit (Th)Muffin, Yogurt, Fruit (F)Cereal Bar, Donut, Fruit
19 MLK HOLIDAY	20 Ham & Cheese Wrap Veggie Dippers w/ranch Seasoned Green Beans Sun Chips Fruit	21 Chicken Tetrzzini Garden Salad w/dressing Seasoned Corn Steamed Broccoli Garlic Bread Fruit	22 Fish Sandwich California Blend Veggies Cole Slaw Tater Tots Fruit	23 BBQ Sliders Potato Wedges Baked Beans Fruit	(M) MLK HOLIDAY (T)Breakfast Pizza, Donut, Fruit (W)Sausage Biscuit, Cereal, Fruit (Th)Poptart, Cereal, Fruit (F)Muffin, Chex Mix, Fruit
26 Chicken Pot Pie Mixed Vegetables Sweet Potato Fries Fruit	27 Taco's w/salsa w/Lettuce/Tomatoes/Cheese Seasoned Black Beans Seasoned Corn Fruit	28 Chicken Teriyaki Stir Fry Vegetable & Noodles Seasoned Green Beans Roll Fruit	29 Vegetable Beef Soup Grilled Cheese Sandwich Seasoned Green Peas Garden Salad w/dressing Fruit	30 Cheeseburger Potato Fries Steamed Broccoli Fruit	(M)Mini Cinnis, Cereal Bar, Fruit (T)Ham Biscuit, Cereal, Fruit (W)Poptart, Muffin, Fruit (Th) Breakfast Pizza, Donut, Fruit (F)Nutrigran, Donut Holes, Chex Mix, 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 NEW YEAR'S TIP

Eating right is important to staying at a healthy weight and keeping an energy balance, the balance between the calories in what you eat and drink, and calories you burn when

	moving. The best way to make sure you have energy balance is to make better choices before you sit down to eat.
--	---