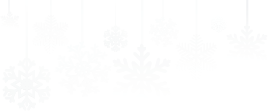
Marysville Jr/Sr High School

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**A Reimbursable Lunch Includes at least 3 of the 5 food groups and 1 MUST be ½ cup of fruit or vegetable.**

(3) Entrées are offered each day. Side items are listed below entrées. A Garden Bar with fresh vegetables is offered daily.



**Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 – Hamburger  2 – Fish Sandwich  French Fries (1 & 2)  3 - Grilled Chicken Salad  Bread Sticks (only #3)  Baked Beans Apple Crisp  Peaches Milk | 1 – Mini Corndogs  Scalloped Potatoes  2 – Tatertot Casserole  3 – Chef Salad  Garlic Bread (2 & 3)  Steamed Broccoli Apricots  Cantaloupe Milk | 1 – Mac & Cheese w/Smokies  2 – Hot Dogs w/Tater Tots  3 – Breaded Chicken Salad  Bread Stick (1 & 3)  Italian Vegetable Carrot Sticks  Fruit Cocktail Banana  Milk | 1 - Chicken Drumstick  2 – Pork Tender  Mashed Potatoes/Gravy (1 & 2)  3 – Taco Salad  Wheat Roll (All) SteamedCorn  Diced Pears Pineapple Tidbits  Milk | 1 – Breaded Steak Fingers  2 – Soft Tacos  Potato Wedges (1 & 2)  3 – Chef Salad  Bread Slice (1 & 3)  Green Beans Strawberries  Fruit Gems Cookie  Milk |
| 1 – Chicken Fried Steak  2 – Chicken Sandwich  Mashed Potatoes/Gravy (1 & 2)  3 – Grilled Chicken Salad  Garlic Bread (1 & 3)  Steamed Corn Applesauce  Orange Slices Milk | 1 - Max Sticks w/Marinara  2 – Meatloaf  Tater Tots (1 & 2)  3 – Chef Salad  Bread Sticks (2 & 3)  Broccoli Pears  Tropical Fruit Milk | 1 - Chicken & Noodles  Mashed Potatoes  2 – Chcken Quesadilla / FFries  3 – Popcorn Chicken Salad  Wheat Roll (1 & 3)  Carrots Banana Mandarin Oranges Milk | 1 – Chicken Strips  2 – Hamburger  Curly Fries (1 & 2)  3 – Taco Salad  Soft Pretzel (3 & HS #1)  Baked Beans Apple Slices  Fruit Gems Brownie  Milk | NO SCHOOL  TODAY  **Happy Valentines Day!** |
| NO SCHOOL  TODAY | 1 – Deli Sandwich  Scalloped Potatoes  2 – Beef Tamale Pie  3 – Chef Salad  Bread Sticks (2 & 3)  Calif. Blend Veg. Fruit Cup Peaches Milk | 1 – Taco Crunch  2 – Corn Dog / French Fries  3 – Breaded Chicken Salad  Corn Muffin (1 & 3)  Refried Beans Apricots  Rosy Applesauce Milk | 1 – Stuffed Crust Pizza  2 – Lasagna  3 – Taco Salad  Garlic Bread (2 & 3)  Salad/ Spinach Orange Slices  Cinnamon Apples Fresh Broccoli  Milk | 1 – French Toast Sticks  Sausage/Egg/Hash Browns  2 – Hamburger w/Hash Browns  3 – Chef Salad w/Soft Pretzel  Glazed Carrots Strawberries  Assorted Juice Milk |
| 1 – Salisbury Steak  2 - Ribbette Sandwich  Mashed Potatoes/Gravy (1 & 2)  3 – Grilled Chicken Salad  Wheat Roll (All)  Green Beans Mandarin Oranges  Fruit Cocktail Milk | 1 – Pig in a Blanket  French Fries  2 – Chili & Garlic Bread  3 – Chef Salad w/ Garlic Bread  Carrots/Celery Cantaloupe  Fruit Gems Cinnamon Roll  Milk | 1 – Grilled Cheese Quesadilla  2 – Bean and Cheese Burrito  Tater Tots (1 & 2)  3 – Popcorn Chicken Salad  With Soft Pretzel  Broccoli w/Cheese Apple Slices  Pineapple Tidbits Milk | 1 – Pork Tender Sandwich  2 – Chicken Sandwich  Scalloped Potatoes (1 & 2)  3 – Taco Salad  With Corn Muffin  Baked Beans Applesauce  Diced Peaches Milk | 1 – Italian Dunkers w/Sauce  2 – Chicken Strip Wrap  Potato Wedges (1 & 2)  3 – Chef Salad  With Bread Sticks  California Blend Veg. Pears  Tropical Fruit Milk |
|  | Milk Choices:  Skim, 1% White, Chocolate Skim and Strawberry Skim | **/** | **\*This Institution is an Equal Opportunity Provider** |  |

