



Marion County Middle High School

MAY, 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
<p>1</p> <p>Corndog Baked Beans Seasoned Corn Fruit</p>	<p>2</p> <p>Hamburger Steak w/gravy Mashed Potatoes Seasoned Green Beans Roll Fruit</p>	<p>3</p> <p>Loaded Baked Potato w/BBQ Steamed Broccoli Breadstick Fruit</p>	<p>4</p> <p>General Tso Chicken w/Fried Rice Steamed Carrots Fruit</p>	<p>5</p> <p>Pizza w/Marinara Sauce Garden Salad w/dressing Corn on the Cob Fruit</p>	<p>(M)Poptart w/cheesestick (T)Yogurt w/granola/fruit (W)Donut (Th)Muffin w/fruit (F)Sausage Biscuit or Croissant</p>
<p>8</p> <p>Chicken Nuggets Seasoned Green Beans Mashed Potatoes Roll Fruit</p>	<p>9</p> <p>Taco w/chips/ lettuce/tomato/cheese Seasoned Corn Seasoned Black Beans Fruit</p>	<p>10</p> <p>Chicken Teriyaki w/rice Steamed Carrots Seasoned Green Peas Roll Fruit</p>	<p>11</p> <p>Chicken Alfredo Steamed Broccoli Roll Fruit</p>	<p>12</p> <p>BBQ on Bun Cole Slaw Potato Wedges Fruit</p>	<p>(M)Nutrigrain (T)Cereal Bar (W)Breakfast Pizza (Th) Assorted Cereal (F)Ham Biscuit or Croissant</p>
<p>15</p> <p>BREAKFAST FOR LUNCH Sausage w/waffles Tater Tots Steamed Broccoli Fruit</p>	<p>16</p> <p>Southwest Chicken Wrap w/Lettuce/Tomato/Salsa Seasoned Black Beans Fruit</p>	<p>17</p> <p>Fish Sandwich Macaroni & Cheese Seasoned Green Peas Cole Slaw Fruit</p>	<p>18</p> <p>Chilli Cheese Pups Potato Wedges Steamed Carrots Fruit</p>	<p>19</p> <p>PB&J Uncrustables Carrot Sticks w/dressing Sun Chips Fruit</p>	<p>(M)Poptart w/cheesestick (T)Yogurt w/granola/fruit (W)Donut (Th)Muffin w/fruit (F)Assorted Cereal</p>
<p>22</p> <p>Have an awesome Summer!</p>	<p>23</p> <p>Have an awesome Summer!</p>	<p>24</p> <p>Have an awesome Summer!</p>	<p>25</p> <p>Have an awesome Summer!</p>	<p>26</p> <p>Have an awesome Summer!</p>	<p>(M)SUMMER VACATION (T)SUMMER VACATION (W)SUMMER VACATION (Th)SUMMER VACATION (F)SUMMER VACATION</p>
<p>29</p> <p>Have an awesome Summer!</p>	<p>30</p> <p>Have an awesome Summer!</p>	<p>31</p> <p>Have an awesome Summer!</p>			<p>(M)SUMMER VACATION (T)SUMMER VACATION (W)SUMMER VACATION</p>

"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



NUTRITION TIP

HAVE A SAFE AND RESTFUL SUMMER BREAK
Make healthy choices by using MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov

