



Marion County Middle High School

AUGUST, 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
	1 Chicken Nuggets Broccoli & Cheese Sweet Potato Fries Roll Fruit	2 Hamburger Steak w/gravy Mashed Potatoes Blackeyed Peas Roll Fruit	3 Crispy Chicken Sandwich Potato Wedges Glazed Carrots Fruit	4 Pizza Garden Salad w/ranch Whole Kernel Corn Fruit	(M)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F)Sausage Biscuit, Cereal, Fruit
7 Popcorn Chicken Chicken Alfredo Steamed Carrots Steamed Broccoli Garlic Breadstick Fruit	8 Taco's Chicken Fajitas Salsa/Lettuce/Tomato/Cheese Seasoned Corn Seasoned Black Beans Fruit	9 BBQ Sandwich Cheeseburger Potato Fries Baked Beans Fruit	10 Salisbury Steak w/Gravy Oven Fried Chicken Rice Seasoned Green Beans Roll Fruit	11 Chicken Fillet Sandwich Popcorn Shrimp w/hushpuppies Cole Slaw Potato Wedges Baby Carrots Fruit	(M)Mini Cinnis, Cereal Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Chex Mix, Fruit (F)Ham Biscuit, Cereal, Fruit
14 Chilli Cheese Dog Cole Slaw Tater Tots Fruit	15 Beef Nachos w/cheese/salsa Seasoned Blackbeans Seasoned Corn Fruit	16 Ham and/or Turkey Hoagie w/lettuce/tomato/cheese Veggie Dippers w/ranch Sunchips Fruit	17 Oven Fried Chicken Mashed Potatoes Turnip Greens Cornbread Fruit	18 Pizza w/marinara sauce Garden Salad w/ranch Potato Wedges Fruit	(M)Cereal, Nutrigrian Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F)Sausage Biscuit, Cereal, Fruit
21 General Tso Chicken Philly Steak & Cheese Hoagie Steamed Broccoli Fried Rice Roll Fruit	22 Calzone w/marinara sauce Grilled Cheese Sandwich Seasoned Corn Mixed Vegetables Fruit	23 Cheeseburger Corndog Steamed Carrots Savory Potato Wedges Fruit	24 PB&J Uncrustable Fish Sandwich Baked Beans Seasoned Squash Fruit	25 Turkey & Cheese Wrap Chicken Salad Veggie Dippers w/ranch Sun Chips Crackers Fruit	(M)Mini Cinnis, Cereal Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Chex Mix, Fruit (F)Sausage Biscuit, Cereal, Fruit
28 Chicken Nuggets Broccoli & Cheese Sweet Potato Fries Roll Fruit	29 Cheeseburger Potato Wedges California Blend Veggies Fruit	30 Turkey & Cheese Hoagie w/lettuce/tomato Veggie Dippers w/ranch Sun Chips Fruit	31 Breakfast for Lunch French Toast Strips Chicken or Sausage Tater Tots Fruit		(M)Cereal, Nutrigrian Bar, Fruit (T)Poptart, Cheesestick, Fruit (W)Breakfast Pizza, Donut, Fruit (Th)Muffin, Yogurt, Fruit (F)

"DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, MENUS ARE SUBJECT TO CHANGE"

This institution is an equal opportunity provider.

Helpful Information*

Each breakfast meal contains 3 components: Grain, Fruit, Milk
 Each lunch meal contains 5 components: Grain, Meat/Meat
 Alternate, Fruit, Veggie, Milk



*Everything you eat and drink matters.
 The right mix of foods in your meals and snacks can help you be healthier now and into the future.
 Turn small changes in how you eat into your MyPlate, My Wins.
 Kick your year off with a great start.*