

# Elementary Breakfast/Lunch Menu

## Daily Breakfast

Includes: Entree or Cereal,  
Fresh Fruit, Juice or Milk

Student Breakfast:	\$ 1.50
Reduced Breakfast:	\$ 0.30
Adult Breakfast:	\$ 3.00
Milk:	\$ 0.40



"Marion Public Schools, together with families and communities, will educate all students to their unique potential in a safe, inspiring, and supportive environment, preparing them to succeed in an ever-changing world."

## Daily Lunch

Includes: Entree, Vegetable  
Fruit, Juice or Milk and  
Whole Grain Breads

Student Lunch:	\$ 2.25
Reduced Lunch:	\$ 0.40
Adult Lunch:	\$ 3.00
Milk:	\$ 0.40



## Fall 2011 Breakfast



### Monday

Pancake Wraps  
Pop Tarts  
Fruit- Milk

### Tuesday

Eggs Cheese  
Sausage Sandwich  
Yogurt-Fruit-Milk

### Wednesday

Mini Pancakes  
Granola  
Bar-Cheese stick  
Fruit-Milk

### Thursday

Muffins  
Cereal Bars  
Fruit-Milk

### Friday

BF Hot Pockets  
Breakfast rounds  
Cheese-Fruit-Milk

### Monday

Hotdogs or  
Hamburgers  
Salad  
Bar&Vegetables  
French Fries&Fruit  
Milk

### Tuesday

Taco's or PB  
Sandwich  
Salad Bar-Chips  
Milk

### Wednesday

Pasta Day or Hot  
Dogs  
Hot  
Vegetables-Salad  
Bar  
Chef Salad  
Milk

### Thursday

Turkey or Ham  
Mash Potatoes  
Vegetables-Salad  
Bar  
Fruit - Milk

### Friday

Pizza or Bosco  
Stick  
Fresh Salad Bar  
Fruit and Milk

## Lunch



Myth: "Eating healthy is hard and complicated and the recommendations change all the time"

The Facts: Healthy eating and a healthy lifestyle do not have to be complicated. Use the USDA's MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov)) as a guide for an overall healthy eating plan.



Each day the food service staff will prepare and offer a variety of fruits and vegetables, whole grain bread products and low-fat milk. On occasion, special entrees may be offered by the food service staff.

\*Menu repeats each week  
\*Menu subject to change

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