

Junior Senior High Breakfast/Lunch Menu

Daily Breakfast

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

Student Breakfast:	\$ 1.50
Reduced Breakfast:	\$ 0.40
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

Choice of Cereal
- or -
String Cheese
Breakfast Round

Tuesday

Choice of Cereal
- or -
Breakfast Pizza

Wednesday

Choice of Cereal
- or -
Hot Breakfast
Sandwich

Thursday

Choice of Cereal
- or -
Muffins

Friday

Choice of Cereal
- or -
Yogurt
String Cheese

Monday

Chili, Chicken
Alfredo
Bacon or Chicken
Wrap
Salad Bar

Fresh Fruit and
Veggies
Milk or Juice

Tuesday

Goulash, Potatoe
Soup
Bacon or Chicken
Wrap plus
Salad Bar

Fresh Fruit and
Veggies
Milk or Juice

Lunch Wednesday

Tacos, Pasta Salad
Bacon or Chicken
Wrap
plus Salad Bar

Fresh Fruit and
Veggies
Milk or Juice

Thursday

Chicken Nugts &
Mashed potatoes
Bacon or Chicken
Wrap plus
Salad Bar

Fresh Fruit and
Veggies
Milk or Juice

Friday

Pizza and Bosco
Sticks
Bacon or Chicken
wrap plus
Salad Bar

Fresh Fruit and
Veggies
Milk or Fruit Juice



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) 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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Or call toll free 866-632-9992 or 800-845-6136 (Esp)
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