

Elementary Breakfast/Lunch Menu

Daily Breakfast

Includes: Entree,
Fresh Fruit, and 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 and Milk

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



Winter 2012 Breakfast



Monday

Pancake Wraps
Pop Tarts
Fruit- Milk

Tuesday

Eggs Cheese
Sausage Sandwich
Yogurt-Fruit-Milk

Wednesday

Muffins
Cereal Bars
Fruit-Milk

Thursday

Mini Pancakes
Granola Bar
Cheese Stick
Fruit-Milk

Friday

Sunrise Stick
Breakfast rounds
Cheese-Fruit-Milk

Lunch

Monday

Soup & Sandwich
Salad Bar
Vegetables
Fruit - Milk

Tuesday

Hamburgers -Hot
Dogs
French Fries or
Baked Beans
Salad Bar-Chips
Milk

Wednesday

Pasta Day
Hot Vegetables
Salad Bar
Chef Salad
Milk

Thursday

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

Friday

Pizza or Bosco
Sticks
Fresh Salad Bar
Fruit and Milk



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

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, age, or disability.

To file a complaint of discrimination write:
USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-94 10
Or call Toll Free 866-632-9992 or 800-845-6136 (Esp)
USDA is an equal opportunity provider and employer