

# 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



## Winter 2012 Breakfast



### Monday

Choice of Cereal  
- or -  
Pancake Wraps

### Tuesday

Choice of Cereal  
- or -  
Breakfast Rounds

### Wednesday

Choice of Cereal  
- or -  
Hot Breakfast  
Sandwich

### Thursday

Choice of Cereal  
- or -  
Breakfast Pizza

### Friday

Choice of Cereal  
- or -  
French Toast  
Sticks

### Monday

Chili or Soup  
Sub Sandwiches  
Salad Bar

Fresh Fruit and  
Veggies  
Milk or Juice

### Tuesday

Mac & Cheese &  
Bacon or Chicken  
Wrap plus  
Salad Bar

Fresh Fruit and  
Veggies  
Milk or Juice

## Lunch

### Wednesday

Chicken Alfredo  
or Tacos  
Salad Bar

Fresh Fruit and  
Veggies  
Milk or Juice

### Thursday

Chicken Tenders  
Mashed potatoes  
Salad Bar

Fresh Fruit and  
Veggies  
Milk or Juice

### Friday

Pizza or Bosco  
Sticks  
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](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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