

Marshall County Schools  
Middle School Lunch Menu  
October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
10/1	2	3	4	5
<b>Breakfast Week Three</b>				
Sloppy Joes on Bun Crispy Curly Fries Honey Carrot Coins Frozen Fruit Slushie Mandarin Orange Spinach Salad	MCC BOWL Marshall County Popcorn Chicken Bowl Mashed Potatoes, Gravy, Corn Fresh Fruit Hot Roll	School Made Pizza Cheese Or Pepperoni Caesar Salad Roasted Brussel Sprouts Strawberry Fruit Cup WOW Butter Cookie	Taco's in a Bag Or Taco Salad (Baked Whole Wheat Doritos, w/seasoned ground beef lettuce, tomato, salsa and cheese) Pinto Beans Pasta Salad Fresh Fruit	Mini Corn Dogs Smile Fries Cucumber Slices w/Dip Chilled Peach Cup
8	9	10	11	12
<b>Breakfast Week Four</b>				
Chicken Drumstick Mashed Potatoes w/gravy Corn Hot Roll Applesauce	Cheese Quesadilla Hash brown rounds Green Beans Fresh Fruit	Individual Round Cheese Or Pepperoni Pizza Romaine Tossed Salad Garlic Roasted Cauliflower Fresh Fruit	Cheeseburger or Hamburger on Bun Crispy French Fries Baked Beans Strawberry Fruit Cup Broccoli and Cauliflower Salad Double Chocolate Chip Cookie	Tangerine or General Tso's Chicken Strips Served over Fried Rice Stir Fry Veggies Red Pepper Strips with Dip Hot Roll Fresh Fruit
15	16	17	18	19
<b>Breakfast Week Five</b>		<b>National School Lunch Week - School Lunch - lots 2 love</b>		
Meatball Hoagie Or Wow Butter and Jelly Sandwich * Peanut Smile Potatoes Baked Beans Strawberry Fruit Cup Garbanzo Bean Salad	Crispy Chicken Nuggets Or Hot and Spicy Crispy Curly Fries Baby Carrots with Dip Fresh Fruit	Freshly Baked Pepperoni Rolls w/marinara sauce Garlic Steamed Broccoli Cottage Cheese Fresh Fruit	Rosemary Garlic Chicken Roasted Red Potatoes Steamed Corn Fruit Cocktail Cup Rice Crispy Treat	School Made Lasagna Caesar Salad Green Beans Hot Roll Frozen Fruit Slushie
22	23	24	25	26
<b>Breakfast Week One</b>				
 Fuel Up NATIONAL DAIRY COUNCIL	Chicken Alfredo With A Twist Caesar Salad Steamed Corn Hot Roll Fresh Fruit	Stuffed Crust Cheese or Pepperoni Pizza Peas Red Pepper Strips w/dip Chilled Peach Cup	Crispy Chicken Nuggets Or Hot and Spicy Mashed Potatoes w/Gravy Steamed Carrots Hot Roll Fresh Fruit	Hot Dog on Bun Crispy French Fries Baked Beans Fresh Fruit Coleslaw Chocolate Chip Cookie
29	30	31	1	2
<b>Breakfast Week Two</b>				
Salisbury Steak Mashed Potatoes w/gravy Broccoli w/Parmesan Cheese Whole Wheat Bread Sliced Pears	Fish Tacos Crispy Curly Fries Mexican Corn Fresh Fruit Rice Crispy Treat	French Bread Cheese or Pepperoni Pizza Or Steak Hoagie w/onions and Peppers Romaine Tossed Salad Sweet Green Peas Mandarin Orange Slices	Chicken Philly Sub Roasted Red Potatoes Baked Beans Fresh Fruit	Freshly Baked Pizza Stromboli w/ marinara Baby Carrots with Dip Green Beans Fresh Fruit

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Fresh Garden Bar Offered Daily\*\*\*Includes a variety of fresh leafy green and dark red and orange vegetables, fresh and canned fruit options also available. Cottage cheese, pasta, macaroni, broccoli and specialty salads rotated on the bar.

Variety of Low Fat and Skim milk offered everyday!

"This institution is an equal opportunity provider"