

April 2019

Marion Local High School

LUNCH



"Spring breathes new life into the world around us."

This institution is an equal opportunity provider.



Nutrition Tip: A diet rich in fruits and vegetables can lower blood pressure, reduce risk of heart disease and stroke, and have a positive effect upon blood sugar which can help keep your appetite in check. Eat a variety of types and colors to give your body the mix of nutrients it needs.



Monday

Sloppy Joe Sandwich
Corn
Green Beans
Fruit
Sunchips Snack Mix
Milk

1

Tuesday

Walking Taco
Iceberg Lettuce
Cheese & Salsa
Fruit
Graham Snack Pack
Milk

2

Wednesday

Mini Corn Dogs
Baked Beans
Baby Carrots
Fruit
100% Fruit Juice
Cookie
Milk

3

Thursday

Italian Meatballs
Breadsticks w/Sauce
Potato Smiles
Fruit
Milk

4

Friday

Fish Sandwich
Coleslaw
Baby Carrots
Baked Chips
Fruit
Milk

5

BBQ Rib Sandwich
Baked Beans
Baby Carrots
Fruit
Pretzels w/Hummus
Milk

8

Assorted Pizza
Romaine Lettuce
Seasoned Peas
Fruit
100% Fruit Juice
Milk

9

Chicken & Noodles
Sweet Potatoes
Warm Apples
Celery Sticks
WG Dinner Roll w/Jelly
Milk

10

Chicken Patty Sandwich
Potato Salad
Mixed Vegetables
Fruit
100% Fruit Juice
Milk

11

French Toast Sticks
Cheesy Potatoes
Cheese Omelet
Fruit
Yogurt
Granola Pkg
Milk

12

Chicken Fajita/WG Tortilla
WG Tortilla Chips
Romaine Lettuce
Refried Beans
Cheese & Salsa
Fruit
Milk

15

Pasta w/Meat Sauce
Lettuce
Texas Toast
Fruit
Milk

16

Mozzarella Melt Sandwich
Baby Carrots
Corn
Baked Chips
Fruit
Milk

17

BBQ Pork Sandwich
Cheesy Potatoes
Green Beans
Strawberry Cup
Ice Cream Cup
Milk

18

No School

19

Chicken Quesadilla
Iceberg Lettuce
Corn & Bean Salsa
WG Tortilla Chips
Fruit
Milk

22

Salisbury Steak
Mashed Potatoes w/Gravy
Corn
WG Butter Bread
Fruit
Milk

23

Vegetable Soup
WG Cheese Breadstick
Baby Carrots
Fruit
Milk

24

Tenderloin Sandwich
Hash Brown
Steamed Broccoli
Fruit
Milk

25

Chicken Strip Wrap
Lettuce & Tomato
Baked Beans
Steamed Carrots
Fruit
100% Fruit Juice
Milk

26

Stuffed Crust Pizza
Romaine Lettuce
Green Peppers
Fruit
100% Fruit Juice
Milk

29

Grilled Cheese Sandwich
Campbell's Tomato Soup
Fresh Broccoli
Fruit
Yogurt
Milk

30

Lunch prices:
High School - \$1.90



All meals subject to change based on product availability

