

# January 2019

## Marion Local Elementary



Lunch prices: Elementary - \$1.65

Meals subject to change based on product availability.

This institution is an equal opportunity provider.



**Nutrition Tip:** Don't go on a "diet". Diets are notoriously ineffective and rarely work well in the long run. Instead of going on a diet, try adopting a healthier lifestyle. Focus on nourishing your body instead of depriving it. Weight loss should follow as a natural side effect of better food choices and an increase in exercise.

### Monday



### Tuesday

No School

### Wednesday

No School

### Thursday

### Friday

Salisbury Steak **7**  
Mashed Potatoes w/Gravy  
Corn  
WG Butter Bread  
Applesauce  
Milk

Chicken Quesadilla **8**  
Iceberg Lettuce  
Corn & Bean Salsa  
WG Tortilla Chips  
Pears  
100% Fruit Juice  
Milk

Vegetable Soup **9**  
WG Cheese Breadstick  
Baby Carrots  
Peaches  
Milk

Tenderloin Sandwich **10**  
Cheesy Potatoes  
Steamed Broccoli  
Apple Slices  
Milk

Chicken Strip Wrap **11**  
Lettuce & Tomato  
Baked Beans  
Steamed Carrots  
Fruit  
Milk

Sausage Pizza **14**  
Romaine Lettuce  
Pineapple  
100% Fruit Juice  
Milk

Grilled Cheese Sandwich **15**  
Campbell's Tomato Soup  
Fresh Broccoli  
Applesauce  
Yogurt  
Milk

Popcorn Chicken **16**  
Celery & Carrots  
Peaches  
WG Dinner Roll w/Jelly  
Cookie  
Milk

Chili Soup **17**  
Crackers  
Baby Carrots  
WG Butter Bread  
Banana  
Milk

Hamburger Sandwich **18**  
Lettuce & Tomato  
Hashbrown  
Fruit  
100% Fruit Juice  
Milk

No School **21**

BBQ Chicken Sandwich **22**  
Potato Wedges  
Steamed Broccoli  
Blueberry Muffin  
Pears  
Milk

Mini Corn Dogs **23**  
Baked Beans  
Baby Carrots  
Pineapple  
Cookie  
Milk

Italian Meatballs **24**  
Breadsticks w/Sauce  
Potato Smiles  
Grapes  
Milk

Walking Taco **25**  
Iceberg Lettuce  
Cheese & Salsa  
Peaches  
100% Fruit Juice  
Milk

BBQ Rib Sandwich **28**  
Baked Beans  
Baby Carrots  
Applesauce  
Milk

Pepperoni Pizza **29**  
Romaine Lettuce  
Seasoned Peas  
Pears  
Milk

Chicken & Noodles **30**  
Sweet Potatoes  
Celery Sticks  
Warm Apples  
Milk

Taco Wedges **31**  
Fresh Broccoli  
Corn & Black Bean Salsa  
Pineapple  
Milk

