

January 2019

Marion Local High School

LUNCH



Lunch prices: \$1.90

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



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

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

No School

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

Tuesday

No School

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

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

Diced Chicken Sandwich
Corn
Green Beans
Fruit
Sunchips Snack Mix
Milk

Pepperoni Pizza
Romaine Lettuce
Seasoned Peas
Fruit
Milk

Wednesday

No School

Vegetable Soup
WG Cheese Breadstick
Baby Carrots
Fruit
Milk

Popcorn Chicken
Celery & Carrots
Fruit
WG Dinner Roll w/Jelly
Cookie
Milk

Mini Corn Dogs
Baked Beans
Baby Carrots
Fruit
Cookie
Milk

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

Thursday

Chicken Patty Sandwich
Mashed Potatoes/Gravy
Celery & Carrots
Fruit
Milk

Tenderloin Sandwich
Hash Brown
Steamed Broccoli
Fruit
Milk

Chili Soup
Crackers
Baby Carrots
WG Butter Bread
Fruit
Milk

Italian Meatballs
Breadsticks w/Sauce
Potato Smiles
Fruit
100% Fruit Juice
Milk

Taco Soup
Fresh Broccoli
WG Tortilla Chips
Blueberry Muffin
Fruit
Milk

Friday

Hot Dog Sandwich
Baked Beans
Fruit
Hot Pretzel
Milk

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

Hamburger Sandwich
Lettuce & Tomato
Tater Tots
Cracker Pkg
Fruit
100% Fruit Juice
Milk

Walking Taco
Iceberg Lettuce
Cheese & Salsa
Fruit
Bug Bites
Milk

