

# OCTOBER 2023

## Marion Local High School

### LUNCH



#### Happy Fall!

This institution is an equal opportunity provider



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

**No School!!**

2

Hamburger Sandwich  
Lettuce & Tomato  
Hashbrown  
Fruit  
Milk

3

Chicken Noodle Soup  
Celery  
Crackers  
Cinnamon Roll  
Fruit  
Milk

4

Popcorn Chicken  
Mashed Potatoes  
Corn  
Dinner Roll  
Fruit  
Milk

5

Pizza Calzone  
Iceberg Lettuce  
Spaghetti Sauce  
Fruit  
Milk

6

Tenderloin Sandwich  
Lettuce & Tomato  
Steamed Broccoli  
Baked Chips  
Fruit  
Milk

9

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

10

Chili Soup  
Baby Carrots  
Crackers  
Bread & Butter  
Fruit  
Milk

11

Country Fried Steak  
Mashed Potatoes  
Corn  
Dinner Roll  
Fruit  
Milk

12

Pepperoni Pizza  
Iceberg Lettuce  
Bell Peppers  
Fruit  
Milk

13

Deli Sub Sandwich  
Lettuce & Tomato  
Baby Carrots  
Baked Chips  
Fruit  
Milk

16

BBQ Pork Nachos  
Tomatoes & Onions  
Coleslaw  
Black Beans  
Fruit/Granola Bar  
Milk

17

Tater Tot Casserole  
Green Beans  
Smore's Bar  
Fruit  
Milk

18

Italian Meatballs  
Breadstick w/Sauce  
Special Salad  
Fruit  
Milk

19

Chicken Quesadilla  
Romaine Lettuce  
Corn & Bean Salsa  
Fruit  
Milk

20

Mini Corn Dogs  
Baked Beans  
Baby Carrots  
Fruit  
Milk

23

Taco Meat  
Tortilla Chips  
Iceberg Lettuce  
Cheese & Salsa  
Fruit/Teddy Grahams  
Milk

24

Pasta w/Meat Sauce  
Green Beans  
Cheese Breadstick  
Fruit  
Milk

25

Chicken Nuggets  
Potato Smiles  
Peas  
Dinner Roll  
Fruit  
Milk

26

Pizza Ripper  
Romaine Lettuce  
Green Beans  
Fruit  
Milk

27

Chicken Patty Sandwich  
Green Beans  
Cheesy Potatoes  
Fruit  
Milk

30

Burrito  
Salsa  
Iceberg Lettuce  
Fruit  
Milk

31

