

SEPTEMBER 2023

Marion Local Elementary

LUNCH



Good luck to all Fall Sports Programs!

Go Flyers!



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

This institution is an equal opportunity provider

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

No School!!

4

Chicken Fajita/Tortilla
Romaine Lettuce
Refried Beans
Cheese & Salsa
Pineapple
Milk

5

Grilled Chicken Sandwich
Lettuce & Tomato
Steamed Broccoli
Baked Chips
Mandarin Oranges
Milk

6

Salisbury Steak
Mashed Potatoes
Butter Bread
Applesauce
Milk

7

Pepperoni Pizza
Iceberg Lettuce
Fruit
100% Fruit Juice
Milk

8

Ham & Cheese Sandwich
Baked Chips
Peas
Apple Slices
Milk

11

BBQ Pork Nachos
Toppings
Corn
Pears
100% Fruit Juice
Milk

12

Creamed Chicken Sandwich
Potato Smiles
Baby Carrots
Fresh Orange
Milk

13

Italian Meatballs
Breadstick w/Sauce
Iceberg Lettuce
Peaches
Milk

14

Chicken Quesadilla
Romaine Lettuce
Corn & Bean Salsa
Fruit
Jonny Pop
Milk

15

Mini Corn Dogs
Baked Beans
Baby Carrots
Pineapple
Milk

18

Taco Meat
Tortilla Chips
Iceberg Lettuce
Cheese & Salsa
Peaches
Milk

19

Meat Stromboli
Corn
Applesauce
100% Fruit Juice
Milk

20

Chicken Nuggets
Green Beans
Baby Carrots
Dinner Roll
Milk

21

Pizza Ripper
Romaine Lettuce
Sidekick
Fruit
Milk

22

Chicken Patty Sandwich
Iceberg Lettuce
Cheesy Potatoes
Peaches
Milk

25

Cheese Breadstick
Fresh Broccoli
Applesauce
Yogurt
Milk

26

Chicken Tenders
Baby Carrots
Pineapple
100% Fruit Juice
Milk

27

Hot Dog Sandwich
Baked Chips
Baked Beans
Mandarin Oranges
Milk

28

Sausage Pizza
Romaine Lettuce
Fruit
Cookie
Milk

29