

SEPTEMBER 2023

Marion Local High School

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

This institution is an equal opportunity provider



No School!!

4

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

5

Grilled Chicken Sandwich
Lettuce & Tomato
Steamed Broccoli
Baked Chips
Fruit
Milk

6

Salisbury Steak
Mashed Potatoes
Corn
Bread & Butter
Fruit
Milk

7

Pepperoni Pizza
Iceberg Lettuce
Bell Peppers
Fruit
Milk

8

Deli Sub
Lettuce & Tomato
Green Beans
Baked Chips
Fruit
Milk

11

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

12

Creamed Chicken Sandwich
Cheesy Potatoes
Baby Carrots
Fruit
Milk

13

Italian Meatballs
Breadstick w/Sauce
Special Salad
Fruit
Milk

14

Chicken Quesadilla
Romaine Lettuce
Corn & Bean Salsa
Fruit
Milk

15

Mini Corn Dogs
Baked Beans
Baby Carrots
Fruit
Milk

18

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

19

Pasta w/Meat Sauce
Green Beans
Breadstick
String Cheese
Fruit
Milk

20

Chicken Nuggets
Potato Smiles
Peas
Dinner Roll
Fruit
Milk

21

Pizza Ripper
Romaine Lettuce
Green Beans
Fruit
Milk

22

Chicken Patty Sandwich
Green Beans
Cheesy Potatoes
Fruit
Milk

25

Taco Soup
Fresh Broccoli
Tortilla Chips
Muffin
Fruit
Milk

26

Chicken Strip Wrap
Lettuce & Tomato
Baby Carrots
Fruit
Milk

27

Hot Dog Sandwich
Cowboy Beans
Tater Tots
Fruit
Milk

28

Sausage Pizza
Romaine Lettuce
Baby Carrots
Fruit
Milk

29