



Marion Magnet Schools Lunch Menu

September
2020

Fruit and vegetables offered with each meal.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salisbury Steak Whole Grain Dinner Roll Ham Deli Sub Sandwich Mashed Potatoes Mushroom Gravy	2 Beefy Nachos w/Homemade Cheese Sauce Chicken Caesar Salad Mexican Brown Rice Corn & Black Bean Salsa	3 Fish Sandwich with Cheese Yogurt Pak with Bagel Golden French Fries Baked Beans	4 BBQ Rib Sandwich Turkey Munchable Roasted Broccoli Coleslaw
7 NO SCHOOL	8 Crispy Chicken Nuggets Yogurt Pak with Bagel Golden French Fries Garlic Breadstick	9 Corn Dog Crispy Chicken Salad Baked Beans Broccoli Florets	10 Roast Turkey & Gravy Honey Mustard Ham Wrap Mashed Potatoes Whole Grain Dinner Roll	11 Grilled Cheese Sandwich Turkey Ranch Wrap Tomato Soup Birthday Cake
14 Cheeseburger on Bun Turkey Munchable Baked Beans Golden French Fries Pickle Slice	15 Lasagna Garlic Toast Yogurt Pak with Bagel Roasted Broccoli Baby Carrots	16 Cheese Pizza Turkey BLT Salad Garden Salad Green Beans	17 Soft Beef Tacos Lettuce, Tomato, Cheese Buffalo Chicken Wrap Refried Beans Red Peppers	18 Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Munchable Roasted Cauliflower Celery Sticks
21 Beef Hotdog on a Bun Chicken Caesar Wrap Baked Beans Cucumber Slices	22 Chicken and Cheese Quesadilla Chicken Banh Mi Sandwich Corn Romaine Lettuce	23 Popcorn Chicken Whole Grain Dinner Roll Turkey Munchable Mashed Potatoes Gravy Peas & Carrots	24 Breakfast Flatbread Turkey Deli Sub Sandwich Breakfast Potatoes Baby Carrots	25 Toasted Cheese Sandwich Homemade Tomato Soup Crispy Chicken Salad Broccoli Florets Red Peppers
28 Crispy Chicken Sandwich Chef Salad Golden French Fries Red Peppers	29 Pasta with Meat Sauce Garlic Toast Ham Deli Sandwich Green Beans Baby Carrots	30 Cheesy Italian Flatbread Yogurt Pak with Pretzel Bites Caesar Side Salad Cucumber Slices		
			<p>Choose MyPlate.gov</p>	

INFORMATION

Lunch	FREE
Adult Breakfast	\$3.90
Extra Milk	\$.50

EXTRA INFO

Entree Salads served with a WG Roll.
 Milk choice of 1% white or chocolate is
 included with a meal.
 For more information or questions contact
 Cathy Renner, Food Service Director at
 crenner@msd3.org

HARVEST OF



THE MONTH

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 information on our app
 TaHER Food4Life®



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