



Marion County Elementary Schools

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Monday, October 3

Daily Breakfast Special
Breakfast Break

LUNCH

Entree - Please Select One
Stuffed Crust
Whole Grain Pizza
Bean & Beef Burrito

Sides - Please Select Two

Buttered Corn
Mixed Fruit
Fresh Seasonal Fruit



National School Lunch Week - October 10-14, 2011

Tuesday, October 4

Daily Breakfast Special
Pancake Egg Sandwich

LUNCH

Entree - Please Select One
Chicken Nuggets w/Roll
Turkey & Cheese on a Bun

Sides - Please Select Two

Broccoli
Rosy Applesauce
Fresh Seasonal Fruit

Extra

Food Of The Month Special
Sautéed Squash

SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Wed., October 5

Daily Breakfast Special
Sausage Biscuit

LUNCH

Entree - Please Select One
Lasagna Roll-ups
w/Garlic Breadstick
Rib BBQ Sandwich

Sides - Please Select Two

Tossed Salad
Green Beans
Fresh Grapes



Thursday, October 6

Daily Breakfast Special
Breakfast Taco

LUNCH

Entree - Please Select One
Chicken Quesadilla
Yogurt & String Cheese
Fruit Plate

Sides - Please Select Two

Steamed Buttered Carrots
Pineapple Tidbits
Fresh Seasonal Fruit

Friday, October 7

Daily Breakfast Special
Cinnamon French Toast

LUNCH

Entree - Please Select One
Grilled Cheese Sandwich
Crispy Chicken Sandwich

Sides - Please Select Two

Mixed Vegetables
Tater Tots
Fresh Seasonal Fruit

Available Daily

Breakfast: Choice of Daily Special (listed on each day's menu) or assorted reduced-sugar cereal. **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

Lunch: Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "Extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

Nutrition Information:

In Marion County, we're serious about good nutrition -- our full-time Registered Dietitian plans all of our menus! An asterisk (*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

Breakfast

Complimentary for all Students

Lunch

\$1.60 Elementary Student Lunch
\$2.75 Adult Lunch

We provide free and reduced-price lunches (\$.40) for eligible students. Please call your school for details.



Monday, October 10

Daily Breakfast Special
Cheese Omelet

ALL AMERICAN DAY

LUNCH

Entree - Please Select One
Pizza Dippers w/Marinara Sauce
Cheeseburger

Sides - Please Select Two

Green Beans
Baked Apples
Fresh Seasonal Fruit

Extra

Pickles

Tuesday, October 11

Daily Breakfast Special
Pancake Sausage Stick

ASIAN TREAT

LUNCH

Entree - Please Select One
Tangerine Chicken w/Rice & Egg Roll
BBQ Pork Sandwich

Sides - Please Select Two

Asian Blend Vegetables
Mixed Fruit
Fresh Seasonal Fruit

Wed., October 12

Daily Breakfast Special
Snack N Waffles

BREAST CANCER AWARENESS

The Lunch Items for today will be chosen from among your favorites by our nutrition staff. Selections may vary by school.

ENJOY!

SPECIAL

Chocolate & Pink Cookie in Honor of Breast Cancer Month

Thursday, October 13

Daily Breakfast Special
Sunrise Burrito

SWEET ITALIAN

LUNCH

Entree - Please Select One
Spaghetti w/Garlic Breadstick
Pizza Wedge

Sides - Please Select Two

Tossed Salad
Green Peas
Fresh Fruit

Friday, October 14

Daily Breakfast Special
Bagel w/Cream Cheese

GAME DAY

LUNCH

Entree - Please Select One
Corn Dog
Deli Sub

Sides - Please Select Two

Steamed Corn
Potato Wedges
Fresh Seasonal Fruit

PLEASE JOIN US FOR NATIONAL SCHOOL LUNCH WEEK!

Monday, October 17

Daily Breakfast Special
Breakfast Break

LUNCH

Entree – Please Select One

- Stuffed Crust Whole Grain Pizza
- Yogurt & String Cheese
- Fruit Plate

Sides –Please Select Two

- Corn
- Rosy Applesauce
- Fresh Seasonal Fruit

Tuesday, October 18

Daily Breakfast Special
Pancake Egg Sandwich

LUNCH

Entree – Please Select One

- Chicken Mashed Potato Bowl w/Roll
- Extreme Burrito

Sides –Please Select Two

- Green Beans
- Pears
- Fresh Seasonal Fruit

WONDERS OF THE WORLD



Lake Toba in Indonesia is remote, rugged, beautiful -- and much more than the peaceful picture postcard it appears to be. The 60-mile-long lake is actually the remnant of a humongous volcano that 70,000 years ago produced the largest explosive eruption on earth in the last 25 million years. This so-called supervolcano led to a long "volcanic winter" with average temperatures up to 25°F colder around the world!

THE LAKE TOBA SUPERVOLCANO ♦ INDONESIA

Wed., October 19

Daily Breakfast Special
Sausage Biscuit

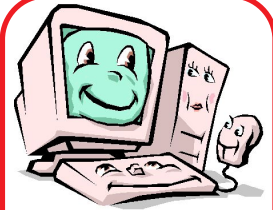
LUNCH

Entree – Please Select One

- Teriyaki Beef Dippers w/Rice
- Deli Wrap

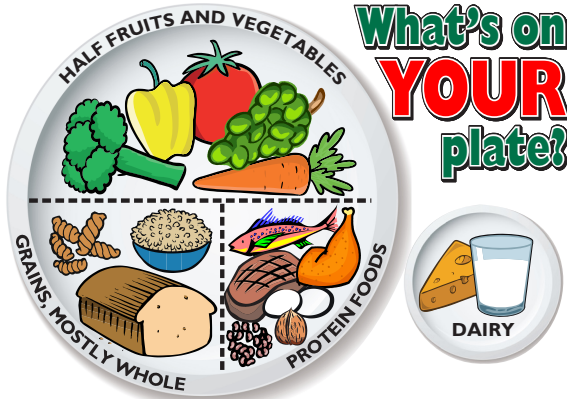
Sides –Please Select Two

- Mixed Vegetables
- Baked Apples
- Fresh Strawberries



PARENTS:

For your convenience and peace of mind, you can pay for meals online at mymarionfsdir.marion.k12.fl.us/Parent or call 352-671-4194 for more information.



Superfood?

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate. Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Thursday, October 20

Daily Breakfast Special
Breakfast Taco

LUNCH

Entree – Please Select One

- Mac N Cheese w/Ham
- Chef Salad

Sides –Please Select Two

- Broccoli
- Diced Peaches
- Fresh Seasonal Fruit

Friday, October 21

Daily Breakfast Special
Cinnamon French Toast

LUNCH

Entree – Please Select One

- Treasures from the Sea
- Crispy Chicken Sandwich

Sides –Please Select Two

- Tater Tots
- Mixed Fruit
- Fresh Seasonal Fruit

Extra
Pickles

Monday, October 24

Daily Breakfast Special
Cheese Omelet

LUNCH

Entree – Please Select One

- Stuffed Crust Whole Grain Pizza
- Meatball Sub

Sides –Please Select Two

- California Mixed Vegetables
- Peaches
- Fresh Seasonal Fruit

Tuesday, October 25

Daily Breakfast Special
Pancake Sausage Stick

LUNCH

Entree – Please Select One

- Baked Chicken w/Wheat Roll
- Deli Sandwich or Wrap

Sides –Please Select Two

- Steamed Buttery Green Peas
- Mashed Potatoes
- Fresh Seasonal Fruit

Wed., October 26

Daily Breakfast Special
Snack N Waffles

LUNCH

Entree – Please Select One

- Cheese Ravioli w/Garlic Bread Stick
- Ultra Dog

Sides –Please Select Two

- Tossed Salad
- Green Beans
- Fresh Grapes

Special
Chocolate & Pink Cookie in Honor of Breast Cancer Month

Thursday, October 27

Daily Breakfast Special
Sunrise Burrito

LUNCH

Entree – Please Select One

- Taco Nacho w/Lettuce & Cheese Cup
- Popcorn Chicken Salad

Sides –Please Select Two

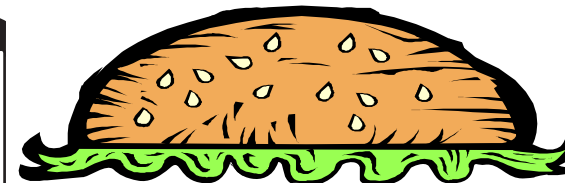
- Black Beans & Corn
- Diced Pineapple
- Fresh Seasonal Fruit

Friday, October 28

TEACHER PLANNING DAY



NO SCHOOL TODAY



NUTRITION TO GO

School pizza is typically much healthier than supermarket pizza or slices from a pizzeria. Whole wheat crust, reduced-sodium sauce, and lowfat mozzarella cheese are a few ways that school pizza has been "re-imagined" to make pizza a nutritious choice for kids -- especially since you know they'll eat it!

A TASTY MORSEL FOR PARENTS

Monday, October 31

Daily Breakfast Special
Breakfast Break

LUNCH

Entree – Please Select One

- Stuffed Crust Whole Grain Pizza
- Hamburger w/Pickles

Sides –Please Select Two

- Green Beans
- Mixed Fruit
- Fresh Seasonal Fruit

Extra
Frozen Juice Bar