



Mariemont Junior High Lunch Menu October 2023

Start your day with a healthy breakfast!

-Every Breakfast includes one serving of fruit juice and the option to also have a fruit.

-All bread/grain items are 50% whole grain!

-Fat-Free Chocolate and Low-Fat White Milk.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 2 Bosco Sticks or Chicken Nuggets | 3 Soft Taco Or Chicken Patty | 4 Hamburger or Grilled Cheese | 5 Spaghetti & Meatballs Or Chicken Tenders | 6 Fish Sandwich Or Spicy Chicken Sandwich |
| 9 Nachos or Ham Melt | 10 Mac & Cheese or Chicken Patty | 11 Cheeseburger or Corn Dogs | 12 Loaded Tots With popcorn Chicken Or | 13 Chili Dog Or Grilled Cheese |
| 16 NO SCHOOL | 17 NO SCHOOL | 18 Bosco Sticks Or Turkey Melt | 19 Meatball Sub Chicken Tenders Or Black Bean | 20 Meatball Subs or Corn Dogs |
| 23 Chicken and Cheese Penne Or Cheeseburger | 24 Walking Tacos Or Chicken patty | 25 Spaghetti & Meatballs Or Fish Sandwich | 26 Burger Hamburger Or Spicy Chicken Sandwich | 27 Disco Fries Or Chicken Patty |
| 30 Soft Tacos Or Ham Melt | 31 Mac & Cheese Or Chicken Nuggets | | | |

October 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 30 | 31 | | | |