



Mariemont Junior High School

October, 2019

5

1
Main Course Entrée:
Chili Dog
Sides:
Seasoned Carrots
Assorted Fresh Fruits & Vegetables

2
Main Course Entrée:
Mash Potato Bowl & Breadstick
Sides:
Steamed Corn
Assorted Fresh Fruits & Vegetables

3
Main Course Entrée:
Chicken or Beef Soft Tacos
Sides:
Charro Pinto Beans
Assorted Fresh Fruits & Vegetables

4
Main Course Entrée:
Boneless Wings w. Assorted Sauces
Sides:
Steamed Broccoli
Assorted Fresh Fruits & Vegetables

1
7
Main Course Entrée:
Breakfast for Lunch
French Toast
Sausage
Sides:
Hash Browns
Assorted Fresh Fruits & Vegetables

8
Main Course Entrée:
Spaghetti & Meatballs w/ Breadstick
Sides:
Seasoned
Green Beans
Assorted Fresh Fruits & Vegetables

9
Main Course Entrée:
Chicken Quesadilla
Sides:
Steamed Carrot
Assorted Fresh Fruits & Vegetables

10
Main Course Entrée:
Pollock Fish Nuggets & Breadstick w/ Mac & Cheese
Sides:
Sweet Corn
Assorted Fresh Fruits & Vegetables

11
Main Course Entrée:
Grilled Cheese & Tomato Soup
Sides Broccoli

Assorted Fresh Fruits & Vegetables

2
14
Main Course Entrée:
Chicken Drumstick w/ Buttered Biscuit
Sides:
Seasoned Green Beans
Assorted Fresh Fruits & Vegetables

15
Main Course Entrée:
Cincinnati Chili & Spaghetti
Sides:
Steamed Carrots
Assorted Fresh Fruits & Vegetables

16
Main Course Entrée:
Philly Steak & Cheese
Sides:
Sweet Corn
Assorted Fresh Fruits & Vegetables

17
Main Course Entrée:
Beef or Chicken Nacho's
Sides:
Refried Beans
Assorted Fresh Fruits & Vegetables

18
No School

3
21
Main Course Entrée:
Pollock Breaded Fish Nuggets & Breadstick
Sides:
Steamed Zucchini
Assorted Fresh Fruits & Vegetables

22
Main Course Entrée:
Ciabatta Chicken Bacon Melt
Sides:
Seasoned Green Beans
Assorted Fresh Fruits & Vegetables

23
Main Course Entrée:
Cheese Ravioli & Marinara & Garlic Breadstick
Sides:
Sweet Corn
Assorted Fresh Fruits & Vegetables

24
Main Course Entrée:
Nacho Cheese Walking Taco w/ Rice
Sides:
Assorted Fresh Fruits & Vegetables
Steamed Broccoli

25
Main Course Entrée:
Grilled Cheese & Tomato Soup
Sides:
Assorted Broccoli_Fresh Fruit & Vegetables

4
28
Main Course Entrée:
Meatloaf w/ Brown Gravy_ Roll
Sides:
Mashed Potatoes
Assorted Fresh Fruits & Vegetables

29
Main Course Entrée:
Italian Sub
Sides:
Spinach
Assorted Fresh Fruits & Vegetables

30
Main Course Entree
Cheesy Penne Pasta & Breadstick
Sides:
Steamed Zucchini
Assorted Fresh Fruits & Vegetables

31
Main Course Entrée:
Pancakes & Sausage
Sides:
Tater Puffs
Assorted Fresh Fruits & Vegetables

More info...

Available Daily: Salad Bar, Hamburgers, Cheeseburgers, Hot Dog Bar, Breaded Chicken, Spicy Chicken, & Grilled Chicken Sandwiches. Specialty Salads available

Make it a meal!

A choice of milk, fruit, and vegetables are included with every meal.

