



DECEMBER | 2022

Marion City Schools YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 NutriGrain Bar Spaghetti and Meatballs Oven Roasted Carrots Fruit Milk Giant Cinnamon goldfish and Juice	2 Cereal Bowl Grilled Cheese Sandwich French Fries Fruit Milk Honey Maid Lil Squares and Juice
Cooks Choice Baked Penne Seasoned Steamed Broccoli Fruit Milk Cooks Choice	6 Cereal Bar Walking Taco with Beef Refried beans Fruit Milk Goldfish Cheddar Crackers and Juice	7 Mini Cinni Pizza Oven Roasted Carrots Fruit Milk Scooby Graham Snacks and Juice	8 PopTart Hot Turkey Sandwich and Gravy Seasoned Green Beans Fruit Milk WG Oven Baked Cheetos and Juice	9 NutriGrain Bar Popcorn Chicken Mashed Potatoes Fruit Milk Keebler Gripz Graham Cracker Bits and Juice
12 ZeeZee Bar Breaded Chicken & Cheese Wrap Steamed Broccoli Fruit Milk Cheez-It Crackers and Juice	13 Cereal Bowl Grilled Cheese Sandwich w/ Tomato soup Carrots and Celery Sticks Fruit Milk WG Animal Crackers and Juice	14 Bagelful Char Burger Seasoned Steamed Corn Fruit Milk WG Crunch Mania French Toast Snacks and Juice	15 Apple Cinn Muffin Chicken Stir Fry w/Brown Rice Seasoned Steamed Mixed vegetable Fruit Milk Nature Valley Cinnamon Crisps and Juice	16 Cooks Choice
19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL

All daily lunches served with a combination of the following:

Milk/ 100% Fruit Juice, Fresh and Canned Fruit

