

Morrison Schools JH & HS Lunch Menu

October 2011



Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>WG Chicken Patty 220 WG Bun Green Beans 20 Fruit Low Fat Chocolate Cake</p>	<p>4</p> <p>Fiestada Pizza 340 Corn 80 Fruit 2 WW Bread</p>	<p>5</p> <p>WG Mini Turkey Corn Dogs 250 Cooked Carrots 45 Fruit 2 WW Bread Whole Fruit Juice Bar</p>	<p>6</p> <p>Tacos w/cheese 260 WG Shells 180 Shredded Lettuce 15 Fruit 2 WW Bread</p>	<p>7</p> <p>Fish Patty w/cheese 220 WG Bun JH Pizza Smiles 170 Fruit Cookie</p>
<p>10</p> <p>Cheeseburger 194 WG Bun Sweet Potato Puffs 130 Fruit 2 WW Bread</p>	<p>11</p> <p>Salisbury Steak 198.9 Mashed Potatoes 76 Fruit 2 WW Bread Granola Bar</p>	<p>12</p> <p>Hot Dog 160 WG Bun Baked Beans 140 Fruit Pudding</p>	<p>13</p> <p>WG Spaghetti w/ meat sauce 320 Romaine Mix 15 Fruit 2 WW Bread</p>	<p>14</p> <p>Chicken Stir Fry 199 Brown Rice 108 JH Pizza Peas 93 Fruit WW Bread</p>
<p>17</p> <p>RF Macaroni & Cheese 194 Steamed Broccoli 50 Fruit WW Bread LF Brownie</p>	<p>18</p> <p>Tony's Smart WG Pepperoni Pizza 300 Corn Fruit WW Bread Chocolate Goldfish</p>	<p>19</p> <p>Grilled Chicken 160 WG Bun California Blend Fruit WW Bread Orange/Vanilla Cup</p>	<p>20</p> <p>Chili 4 pkg Crackers Celery Fruit Cinnamon Roll</p>	<p>21</p> <p>WG Max Sticks 328 Pizza Sauce 30 Baby Carrots Fruit WW Bread</p>
<p>24</p> <p>BBQ Rib 160 WG Bun JH Pizza Fiesta Beans 76 Fruit Sherbet</p>	<p>25</p> <p>WG Chicken Nuggets 220 Mashed Potatoes 76 Fruit WW Bread</p>	<p>26</p> <p>Burrito 360 Cauliflower 25 Fruit WW bread Churro</p>	<p>27</p> <p>Turkey Shortcake 382 Green Beans 20 Fruit WW Bread</p>	<p>28</p> <p>Cold Cut 163 Deli Bun 200 Romaine Mix 15 Fruit Baked Chips</p>
<p>31</p> <p>Italian Chicken 170 WG Bun Capri Vegetable 50 Fruit WW Bread</p>				<p>Student Lunch \$2.25 Reduced Lunch .40 Ala carte Milk .35 Cold Cut Sandwich offered daily Chef Salad offered daily order by 8:30 a.m.</p>

A La Carte

Fat Free Milk 80 cal.
1% White Milk 100 cal.
Fat Free Chocolate Milk 130 cal
Whole Wheat Bread 2 slices 150 cal
Whole Grain Bun 120 cal.
Choice of Fruit -calories
Applesauce 90 Apricots 90
Apple Slices 38.9 Peaches 70
Fruit Mix 80 Pineapple 60
Mandarin Oranges 70 Pears 80
Grapes 29 Orange Wedges 40
Strawberry Cup 122 Cantaloupe 100
Peach Cup 118 Watermelon 80

- Calories
Average per Week Grades 6-12
785 Calories a Day
Menu subject to change

School News

Payment information

Enclose Cash or Check In envelope marked with the Student's first and last name, grade, date, amount.

OR

Payments Online:

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