

January 2023

Morning Sun Elementary Breakfast - Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL	Long John <hr/> Hot Dog/Bun Tater Tots Carrots Applesauce	Breakfast Pizza <hr/> Taco Burger/Bun Lettuce/Tomato Refried Beans Orange Wedges Rice Crispy	French Toast Sticks <hr/> Chicken Tetrazzini Broccoli Carrots Garlic Bread Peaches	Cinni Mini <hr/> Pizza Tossed Salad Cucumbers Mandarin Oranges Cookie Cup
9	10	11	12	13
Yogurt/Granola Bar <hr/> Hamburger/Bun Lettuce/Tomato Potato Wedges Carrots Apple Wedges	Egg Patty <hr/> Chicken Quesadilla Tortilla Chips Salsa Celery Pineapple	Muffin <hr/> Mac & Cheese Meatballs Baked Beans Carrots Mixed Fruit	Pancake <hr/> Goulash Broccoli Cucumbers Garlic Bread Pears	Ring Donut <hr/> Sloppy Joe/Bun Oven Fries Onion Rings Peppers Orange Wedges
16	17	18	19	20
Biscuits & Gravy <hr/> Chicken & Noodles Mashed Potatoes Green Beans Peaches	Waffle <hr/> Walking Taco Lettuce/Tomato Refried Beans Pineapple Graham Snack	Little Smokies <hr/> Pasta Dippers Little Smokies Baked Beans Carrots Mandarin Oranges	Sausage/Hash Brown <hr/> Chicken Patty/Bun Potato Wedges Celery Apple Wedges	Long John <hr/> Pizza Tossed Salad Carrots Grapes Cookie Cup
23	24	25	26	27
Breakfast Pizza <hr/> Chicken Nuggets Mashed Potato Green Beans Pears	French Toast Sticks <hr/> Meaty Nachos Corn Salsa Pineapple Graham Snack	Cinni Mini <hr/> Chili Crackers/Corn Chip Carrots Celery Orange Wedges Cinnamon Roll	Yogurt/Granola Bar <hr/> Cheese Breadsticks Tossed Salad Cucumbers Marinara Peaches	Egg Patty <hr/> Pulled Pork/Bun Hash Brown Sweet Potato Fries Baked Beans Mandarin Oranges
30	31			
Muffin <hr/> Popcorn Chicken Tater Tots Carrots Mixed Fruit	Pancake <hr/> Corn Dog Potato Wedges Baked Beans Pears		Milk Served With All Meals	Cereal/Toast Fruit/Juice Served Daily

Menu Subject to Change Without Notice

It is the policy of the Morning Sun Community School not to legally discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact Alaura Rappenecker, Counselor, 319-868-7701 or alaura.rappenecker@mscsd.org