

March 2023

Morning Sun Elementary Breakfast - Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Milk Served With All Meals	Cereal/Toast Fruit/Juice Served Daily	French Toast Sticks ----- Chili Crackers/Corn Chips Carrots Celery Orange Wedges Cinnamon Roll	Cinni Mini ----- Cheese Breadsticks Tossed Salad Cucumbers Marinara Peaches	Yogurt/Granola Bar ----- Pulled Pork/Bun Hash Brown Sweet Potato Fries Baked Beans Mandarin Oranges
6	7	8	9	10
Egg Patty ----- Popcorn Chicken Tater Tots Carrots Mixed Fruit	Pancake ----- Corn Dog Potato Wedges Baked Beans Pears	Ring Donut ----- Soft Taco Lettuce/Tomato Refried Beans Pineapple Graham Snack	Biscuits & Gravy ----- Grilled Chicken/Bun Lettuce/Tomato Oven Fries Broccoli Mandarin Oranges	Waffle ----- Pizza Burger Corn Carrots Strawberries
13	14	15	16	17
Sausage/Hash Brown ----- Chicken Tenders Tater Tots Carrots Applesauce	Long John ----- Taco Burger/Bun Lettuce/Tomato Refried Beans Pineapple Graham Snack	French Toast Sticks ----- Orange Chicken Savory Rice Stir Fry Veggies Carrots Orange Wedges	Cinni Mini ----- Chicken Tetrazzini Broccoli Cucumbers Garlic Bread Peaches	Yogurt/Granola Bar ----- Pizza Tossed Salad Peppers Grapes Cookie Cup
20	21	22	23	24
Egg Patty ----- Hamburger/Bun Lettuce/Tomato Potato Wedges Carrots Apple Wedges	Pancake ----- Chicken Quesadilla Tossed Salad Tortilla Chips Salsa Celery Pineapple	Ring Donut ----- Pasta Dippers Little Smokies Baked Beans Carrots Mandarin Oranges	Biscuits & Gravy ----- Chicken & Noodles Mashed Potatoes Green Beans Applesauce	Waffle ----- Sloppy Joes/Bun Oven Fries Onion Rings Peppers Orange Wedges
27	28	29	Opening Day30	31
Sausage/Hash Brown ----- Chicken Patty/Bun Tater Tots Carrots Peaches	Long John ----- Pork Fritter/Bun Potato Wedges Baked Beans Applesauce	French Toast Sticks ----- Beef & Noodles Mashed Potatoes Green Beans Orange Wedges	Cinni Mini ----- Hot Dog/Bun Chips Carrots/Celery Apple Wedges Ice Cream Sundae	Yogurt/Granola Bar ----- Pizza Tossed Salad Carrots Grapes Cookie Cup

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