

# Marshall County Schools

Five Week Cycle Menu 2022-2023

Breakfast Served in the Cafeteria -  
Elementary Schools






**Educating Kids -  
Building Communities**

The following items will also be offered daily.  
Students may select one item from each group  
of items.

**Whole Grain Cereal- Variety**  
**Assorted Fresh or Canned Fruits**  
**100% Fruit Juice Variety**  
**Varieties of Fat Free or Low Fat Milk**

**At A Minimum Each Student Must Select:**  
**1/2 Cup of Fruit or Fruit Juice**  
**and**  
**Two Other Items**

**As a Maximum the most a student may select is**  
**one of each item in each group of items.**

Monday	Tuesday	Wednesday	Thursday	Friday
Cooks Choice	Soft Filled Cinnamon Toast Crunch Triple Berry Crunch Bar	Mini Pancakes - Confetti or Maple	Scrambled Eggs English Muffin	Chicken Slider 
Churros Apple or Raspberry Yogurt	Egg and Cheese on English Muffin 	French Toast - Mini Chocolate Chip or Original	Cinnamon Rolls	Granola Bites Mozzarella Cheese stick
Chicken Slider	Omelet - Eggs and Cheese Toast	Muffins Chocolate Chip Or Blueberry	Whole Grain Pastry 	Pancake on a Stick
Cinnamon Rolls	Egg, Cheese and Bacon Breakfast Pizza	Waffles - Mini Cinnamon or Maple	Sausage & Egg Biscuit or Slider	Elfin Loaf Banana or Blueberry Yogurt
Breakfast Breads - Variety Banana or Lemon Slices	Granola Bites Mozzarella Cheese Stick	Pull Apart Cinnamon Rolls	Sausage Breakfast Pizza	Chocolate Crescent Pastry

Menus subject to change

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