

Marshall County Schools

Three Week Cycle Menu 2020-2021

Breakfast - Middle and High Schools

The following items will be also offered daily.



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

Additionally one of the following items will be offered each week-

- Whole Grain Cereal- Variety
- Strawberry/Banana, Cherry or Raspberry Yogurt
- Cheese Stick
- Cereal Bar

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

Menus subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Banana and Chocolate Chunk Bar	Cereal Bar - Trix, Cinnamon Toast Crunch or Cocoa Puffs	Muffin - Chocolate Chip, Apple, or Banana	Team Cherries Cereal Bar - Strawberry or Apple Cinnamon	Smores Granola Bites 
Breakfast Week One				
Whole Grain Pastry Frosted Fudge or Strawberry	Cinnamon Mini Pull Apart Rolls 	Elfin Loaf Banana or Blueberry	Nutri-Grain Bar - Apple or Strawberry	Breakfast Bread - Zucchini or Banana
Breakfast Week Two				
Banana and Chocolate Chunk Bar	Cereal Bar - Trix, Cinnamon Toast Crunch or Cocoa Puffs	Muffin - Chocolate Chip, Apple, or Banana	Team Cherries Cereal Bar - Strawberry or Apple Cinnamon	Smores Granola Bites
Breakfast Week Three				

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