



BREAKFAST

JANUARY 2024

Martin County West

Menu is subject to change
without notice. Sorry for
any inconvenience

Monday

No School

1

Tuesday

Breakfast Pizza

2

Fruit Choice
Juice Choice
Milk

Wednesday

Cereal

3

Fruit Choice
Juice Choice
Milk

Thursday

Breakfast Sandwich

4

Fruit Choice
Juice Choice
Milk

Friday

Banana Bread

5

Fruit Choice
Juice Choice
Milk

Frudel Bar

8

Fruit Choice
Juice Choice
Milk

Egg/Toast

9

Fruit Choice
Juice Choice
Milk

Cereal

10

Fruit Choice
Juice Choice
Milk

Pancake Wrap

11

Fruit Choice
Juice Choice
Milk

Biscuits and Gravy

12

Fruit Choice
Juice Choice
Milk

Assorted Muffins

15

Fruit Choice
Juice Choice
Milk

Blue Berry Bubble Bread

16

Fruit Choice
Juice Choice
Milk

Pancakes

17

Fruit Choice
Juice Choice

Breakfast Burrito

18

Fruit Choice
Juice Choice
Milk

Cereal

19

Fruit Choice
Juice Choice
Milk

**No School
In Service Day**

22

French Toast Sticks

23

Fruit Choice
Juice Choice
Milk

Cereal

24

Fruit Choice
Juice Choice
Milk

Cinnamon Roll

25

Fruit Choice
Juice Choice
Milk

Egg Taco

26

Fruit Choice
Juice Choice
Milk

**Yogurt Parfait
Granola/Graham Crackers**

29

Fruit Choice
Juice Choice
Milk

Breakfast Pizza

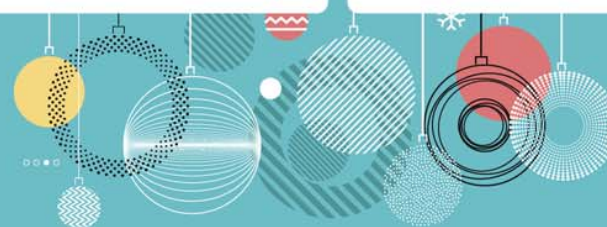
30

Fruit Choice
Juice Choice
Milk

Pancakes

31

Fruit Choice
Juice Choice



Breakfast is free to all students if they take the required items. Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Must choose 3 items, one being fruit or veggie, to count as a complete breakfast. Grains are at least 51% whole grain. Milk is low-fat or fat free plain or fat free flavored

Fresh and/or canned fruits and 100% fruit juices are offered every day.

Cold cereal is offered every day

Monday

No School

1

Tuesday

Popcorn Chicken

Mashed Potatoes
Country Gravy
Corn
Fruit Choice

2

Wednesday

Corn dog

Sun Chips
Cooked Carrots
Fruit Choice

3

Thursday

Hot Ham & Cheese

WG Bun
Scalloped Potatoes
Fruit Choice

4

Friday

Chicken Fajita

Tortilla Shell
Assorted Topping
Black Beans
**Rice Pilaf
Fruit

5

Italian Dunkers

Dipping Sauce
California Blend Veggies
Fruit Choice

8

Hamburger/Bun

Oven Fries
Corn
Fruit Choice

9

Alfredo Sauce w/Chicken

Rotini Noodles
Bread Stick
Broccoli
Fruit Choice

10

Beef Tacos

Tortilla Shell
Assorted Topping
Fiesta Beans
Fruit Choice

11

Cheesy Turkey/Bun

Cooked Carrots
Pasta Salad
Fruit Choice

12

Orange Chicken

Fried Rice
Stir Fry Veggies
Mandarin Oranges

15

Pulled Pork/Bun

Baked beans
Cole Slaw
Fruit Choice

16

Scrambled Eggs

Hash Rounds
Carrot Sticks
Fruit Choice
Cinnamon Roll

17

Chicken Patty/Bun

Steamed Broccoli
Caesar Salad
Fruit Choice

18

Sub Sandwiches

Assorted Toppings
Sun Chips
Corn
Fruit Choice

19

Early Out

No School

22

Rotini

Spaghetti with Meat
Garlic Bread
Peas
Fruit Choice

23

Nachos

Seasoned Beef
Cheese Sauce
Fiesta Beans
Fruit Choice

24

Chicken Strips

Mashed Potatoes
Corn
Gravy
Fruit Choice

25

Pizza

Broccoli Salad
Green Beans
Fruit Choice

26

Quesadilla

Refried Beans
Assorted Toppings
Cooked Carrots
Fruit Choice

29

Sloppy Joe on a Bun

Sweet Potato Fries
Peas
Fruit Choice

30

Deli Ham Sandwich

Soup Choice
Corn
Fruit Choice

31



Lunch Notes: All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light. Milks are low fat or fat free. Fresh and canned fruits are available every day. Meals are free for students ONLY if they take the required components. A complete meal consists ½ C of fruit or veggie plus 2 more full meal components. If not taking a complete meal you will be charged ala carte prices.