



\*Elementary  
\*\*High School

# MARCH 2025

## Martin County West Schools

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

### Monday

**Muffins**  
Fruit Choice  
Juice Choice

3

### Tuesday

**Breakfast Pizza**  
Fruit Choice  
Juice Choice

4

### Wednesday

**French Toast Sticks**  
Fruit Choice  
Juice Choice

5

### Thursday

**Scrambled Eggs/Toast**  
Fruit Choice  
Juice Choice

6

### Friday

**No School**

7

**Yogurt Parfait  
Granola**  
Fruit Choice  
Juice Choice

10

**Breakfast Sandwich**  
Fruit Choice  
Juice Choice

11

**Pancakes**  
Fruit Choice  
Juice Choice

12

**Banana Bread**  
Fruit Choice  
Juice Choice

13

**Cook's Choice**  
Fruit Choice  
Juice Choice

14

**Cereal**  
Fruit Choice  
Juice Choice

17

**Omelet/Toast**  
Fruit Choice  
Juice Choice

18

**Pancake on a Stick**  
Fruit Choice  
Juice Choice

19

**Cinnamon Roll**  
Fruit Choice  
Juice Choice

20

**Ham & Egg Croissant**  
Fruit Choice  
Juice Choice

21

**Frudel Bar**  
Fruit Choice  
Juice Choice

24

**Blue Berry Bubble Bread**  
Fruit Choice  
Juice Choice

25

**\*\*Waffles  
\*Pancakes**  
Fruit Choice  
Juice Choice

26

**Biscuits & Gravy**  
Fruit Choice  
Juice Choice

27

**Strawberry Bagel**  
Fruit Choice  
Juice Choice

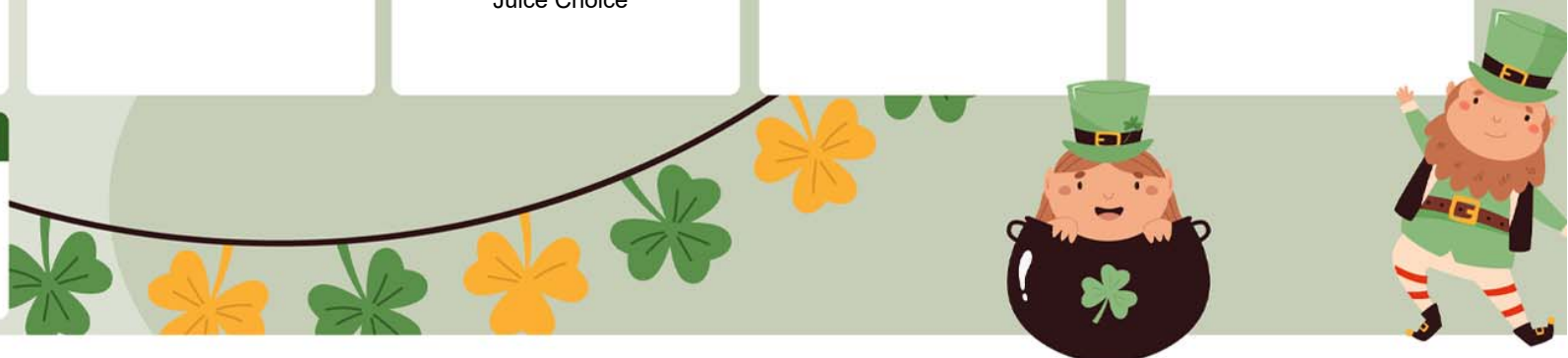
28

**Cereal**  
Fruit Choice  
Juice Choice

31

**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 canned fruits and 100% fruit juices are offered every day. Cold cereal is offered every day.

Martin County West Schools are equal opportunity employers.





\*Elementary  
\*\*High School  
#New

# MARCH 2025

## Martin County West

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

### Monday

**Popcorn Chicken** 3  
Mashed Potatoes  
Gravy  
Corn  
Fruit  
Dinner Roll

**Orange Chicken** 10  
Fried Rice  
Veggie Choice  
Mandarin Oranges

**Corn Dog** 17  
Baked Beans  
Sun Chips  
Fruit Choice

**Chicken Fajita** 24  
Tortilla Shell  
Red/Green Pepper  
Spanish Rice  
Fruit Choice

**Nachos** 31  
Seasoned Beef  
Cheese Sauce  
Assorted Toppings  
Fiesta Beans  
Fruit Choice

### Tuesday

**Taco in a Bag** 4  
Seasoned Beef  
Cheese, Onion, Lettuce, Tomato  
Fiesta Beans  
Fruit Choice

**Sub Sandwiches** 11  
Sun Chip  
Baked Beans  
Veggie Salad  
Fruit Choice

**Chicken Patty/Bun** 18  
\*\*Broccoli Salad  
California Blend  
Fruit Choice

**Hotdog/Bun** 25  
Baked Beans  
Sun Chips  
Fruit Choice

### Wednesday

**Italian Dunkers** 5  
Dipping Sauce  
Cooked Carrots  
Fruit Choice  
  
Ash Wednesday

**Hamburger/Bun** 12  
Oven Fries  
Green Beans  
Fruit Choice

**#Fiesta Tots** 19  
Tots, Seasoned Beef, Cheese  
\*\*Spanish Rice  
Corn Chips  
Fiesta Beans  
Fruit Choice

**Spaghetti** 26  
Meat Sauce  
Garlic Bread  
Broccoli  
Fruit Choice

### Thursday

**Chicken Alfredo** 6  
Rotini Noodles  
Bread Stick  
Steamed Broccoli  
Fruit Choice

**Chicken Strips** 13  
Mashed Potatoes  
Country Gravy  
Corn  
Dinner Roll

**Hot Ham & Cheese** 20  
Scalloped Potatoes  
Corn  
Fruit Choice

**Chicken & Gravy** 27  
Mashed Potatoes  
Biscuits  
Peas  
Fruit Choice

### Friday

**No School** 7

**#French Toast Stick** 14  
Syrup Cup  
Sausage Patty  
Cooked Carrots  
Yogurt Cup  
Fruit Choice

**Cheese Pizza** 21  
Green Beans  
\*Potato Salad  
Fruit Choice

**Bosco Sticks** 28  
Dipping Sauce  
Cooked Carrots  
Fruit Choice  
  
Early Out

**Lunch Notes:** All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light if available. Milks are low fat or fat free. Fresh and/or canned fruits are available every day. Fresh veggie bar 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.

MCW is an equal opportunity employer.