

Monday

*High School
**Elementary

Tuesday

Wednesday

Thursday

Friday

Assorted Muffins

Fruit Choice
Juice Choice

5

Breakfast Pizza

Fruit Choice
Juice Choice

6

Pancakes

Fruit Choice
Juice Choice

7

French Toast Sticks

Fruit Choice
Juice Choice

1

Cook's Choice

Fruit Choice
Juice Choice

2

Biscuits/Gravy

Fruit Choice
Juice Choice

8

Yogurt Parfait

Granola
Fruit Choice
Juice Choice

9

Cereal

Fruit Choice
Juice Choice

12

Cinnamon Roll

Fruit Choice
Juice Choice

13

Ham & Egg Croissant

Fruit Choice
Juice Choice

14

Pancake Wrap

Fruit Choice
Juice Choice

15

Cook's Choice

16

Cook's Choice

19

Cook's Choice

20

Cook's Choice

21

Cook's Choice

22

No School

23

No School

26

Cook's Choice

27

Cook's Choice

28

Cook's Choice

29

Cook's Choice

30

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.



MAY 2025

Martin County West Schools

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

Monday

Tuesday

Wednesday

Thursday

Friday

Nachos

Seasoned Beef
Cheese Sauce
Assorted Toppings
Fiesta Beans
Rosy Applesauce

Corn Dog

Baked Beans
Sun Chips
Fruit Choice

Hot Ham and Cheese

Scalloped Potatoes
Peas
Fruit Choice

Hamburger/Bun

Oven Fries
Cooked Carrots
Fruit Choice

Chicken Alfredo

Rotini Noodles
Broccoli
Garlic Bread
Fruit Choice

Chicken Strips

Mashed Potatoes
Gravy
Corn
Fruit Choice

Italian Dunkers

Dipping Sauce
Green Beans
Fruit Choice

Orange Chicken

Fried Rice
Stir Fry Veggie
Mandarin Oranges

Spaghetti

Meat Sauce
Garlic Toast
Peas
Fruit Choice

French Toast Sticks

Sausage Patty
Yogurt Cup
Carrots
Fruit Choice

Chicken Patty/Bun

Sun Chip
Veggie Choice
Fruit Choice

Pizza

Potato Salad
Broccoli
Fruit Choice

Cook's Choice

Cook's Choice

Cook's Choice

Cook's Choice

No School

No School

Cook's Choice

Cook's Choice

Cook's Choice

Cook's Choice

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.

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