

Monday

Tuesday

Wednesday

Thursday

Friday

*Elementary
**High School

Assorted Muffins 3

Fruit Choice
Juice Choice
Milk

Breakfast Pizza 4

Fruit Choice
Juice Choice
Milk

Pancakes 5

Fruit Choice
Juice Choice
Milk

Cinnamon Roll 6

Fruit Choice
Juice Choice
Milk

Fruit & Yogurt 7

Granola
Fruit Choice
Juice Choice
Milk

Early Out

Cereal 10

Fruit Choice
Juice Choice
Milk

Scrambled Eggs/Toast 11

Fruit Choice
Juice Choice
Milk

French Toast Sticks 12

Fruit Choice
Juice Choice
Milk

Ham Croissant 13

Egg and Cheese
Fruit Choice
Juice Choice
Milk

Assorted Donuts 14

Fruit Choice
Juice Choice
Milk

Strawberry Cream Cheese Bagel 17

Fruit Choice
Juice Choice
Milk

Biscuits/Gravy 18

Fruit Choice
Juice Choice
Milk

Pancakes 19

Fruit Choice
Juice Choice
Milk

Blue Berry Bubble Bread 20

Fruit Choice
Juice Choice
Milk

Frudel Bar 21

Fruit Choice
Juice Choice
Milk

Cereal 24

Fruit Choice
Juice Choice
Milk

Sausage Biscuit 25

Egg and Cheese
Fruit Choice
Juice Choice
Milk

Pancake on a Stick 26

Fruit Choice
Juice Choice
Milk

No School 27

No School 28

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.

NOVEMBER 2025

Martin County West Schools

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

Monday

*Elementary
**High School

Tuesday
Wednesday
Thursday
Friday
Italian Dunkers
3

Dipping Sauce
Steamed Broccoli
Fruit Choice

Pulled Pork/Bun
4

Potato Wedges
Cooked Carrots
Fruit Choice

Soup & Deli Ham Sandwich
5

Peas
Fruit Choice

Chicken Strips
6

Mashed Potatoes
Gravy
Corn
Fruit Choice
Dinner Roll

Hotdog/Bun
7

Baked Beans
**Sun Chips
Apple Slices

Early Out

Spaghetti
10

Meat/Sauce
Garlic Bread
Peas
Fruit Choice
Cheese Stick

Chicken Patty on a Bun
11

California Blend
Fruit Choice
Apple Crisp

Orange Chicken
12

Fried Rice
Steamed Veggies
Mandarin Oranges

Walking Taco
13

Assorted Toppings
Fiesta Beans
Fruit Choice

Pizza
14

Green Beans
**Caesar Salad
Fruit Choice

Chicken Fajita
17

Red & Green Peppers
Cooked Carrots
Rice Pilaf
Fruit Choice

Hot Ham and Cheese
18

WG Bun
Scalloped Potatoes
Corn
Fruit Choice

Corndog
19

Baked Beans
Pasta Salad
Fruit Choice

Hamburger on a Bun
20

Assorted Toppings
Oven Fries
Fruit Choice

Thanksgiving Dinner
21

Roast Turkey
Mashed Potatoes/Gravy
Stuffing
Green Beans
Fruit
Dinner Roll

Chicken Alfredo
24

Rotini Noodles
Steamed Broccoli
Fruit Choice
Garlic Bread

Popcorn Chicken
25

Mashed Potatoes
Gravy
Corn
Fruit Choice
Dinner Roll

Nachos
26

Seasoned Beef
Cheese Sauce
Fiesta Beans
Fruit Choice

No School
27
No School
28

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.