



### Monday

**No School**

**1**

### Tuesday

**Strawberry Cream Cheese  
Bagel**

**2**

Fruit Choice  
Juice Choice  
Milk

7-12 start

### Wednesday

**Biscuits/Gravy**

**3**

Fruit Choice  
Juice Choice  
Milk

### Thursday

**French Toast Sticks**

**4**

Fruit Choice  
Juice Choice  
Milk

K-6 start

### Friday

**Cinnamon Roll**

**5**

Fruit Choice  
Juice Choice  
Milk

**Cereal**

**8**

Fruit Choice  
Juice Choice  
Milk

**Breakfast Pizza**

**9**

Fruit Choice  
Juice Choice  
Milk

**Scrambled Eggs/Toast**

**10**

Fruit Choice  
Juice Choice  
Milk

**Pancakes**

**11**

Fruit Choice  
Juice Choice  
Milk

**Fruit/Yogurt  
Granola/UBR**

**12**

Fruit Choice  
Juice Choice  
Milk

**Cereal**

**15**

Fruit Choice  
Juice Choice  
Milk

**Breakfast Sandwich**

**16**

Fruit Choice  
Juice Choice  
Milk

**Banana Bread**

**17**

Fruit Choice  
Juice Choice  
Milk

**Pancake on a Stick**

**18**

Fruit Choice  
Juice Choice  
Milk

**Frudel Bar**

**19**

Fruit Choice  
Juice Choice  
Milk

**Cereal**

**22**

Fruit Choice  
Juice Choice  
Milk

**Assorted Donuts**

**23**

Fruit Choice  
Juice Choice  
Milk

**Biscuits/Gravy**

**24**

Fruit Choice  
Juice Choice  
Milk

**French Toast Sticks**

**25**

Fruit Choice  
Juice Choice  
Milk

**Assorted Muffins**

**26**

Fruit Choice  
Juice Choice  
Milk

**Cereal**

**29**

Fruit Choice  
Juice Choice  
Milk

**Blue Berry Bubble Bread**

**30**

Fruit Choice  
Juice Choice  
Milk



**\*\*High School  
\*Elementary**

**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.



# SEPTEMBER 2025

Martin County West Schools

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

Monday

No School

Tuesday

**Hamburger/Bun**

Potato Salad  
Steamed Broccoli  
Watermelon

7-12 Begin

Wednesday

**Spaghetti**

Meat/Sauce  
Garlic Bread  
Peas  
Peaches  
Cheese Stick

Thursday

**Hotdog on a Bun**

Baked Beans  
Carrot Sticks  
Fruit Choice

K-6 Start

Friday

**Pizza**

Green Beans  
Pears

**Italian Dunkers**

Dipping Sauce  
California Blend  
Fruit Choice

**Chicken Strips**

Mashed Potatoes  
Corn  
Fruit Choice  
Dinner Roll

**Beefy Nachos**

Assorted Toppings  
Cheese Sauce  
Fiesta Beans  
Rosy Applesauce

**Hot Ham and Cheese**

**WG Bun**  
Cooked Carrots  
Fruit Choice

**Chicken Patty/Bun**

\*Pasta Salad  
Steamed Broccoli  
Spiced Apples

**Orange Chicken**

Fried Rice  
Stir Fry Veggies  
Mandarin Oranges

**Pulled Pork/Bun**

Potato Wedges  
Cole Slaw  
Fruit Choice

**Chicken Fajita**

Rice Pilaf  
Red/Green Peppers  
Refried Beans  
Fruit Choice

**Pizza**

Green Beans  
Fruit Choice

**French Toast Sticks**

Sausage Patty  
Hash Brown  
Carrot Sticks  
Orange Juice Cup

**Ham/Turkey Sub**

Assorted Toppings  
Oven Fries  
Fruit Choice

**Walking Tacos**

Seasoned Beef  
Assorted Toppings  
Fiesta Beans  
Fruit Choice

**Hotdog on a Bun**

Baked Beans  
Fruit Choice

Early Out

**Chicken Alfredo**

Rotini  
Steamed Broccoli  
Garlic Bread  
Fruit Choice

**Hamburger/Bun**

Potato Salad  
Steamed Broccoli  
Watermelon

Homecoming

**Popcorn Chicken**

Mashed Potatoes/Gravy  
Corn  
Fruit Choice  
Dinner Roll

**Sloppy Joe/Bun**

Cole Slaw  
Baked Beans  
Fruit Choice

\*Elementary  
\*\*High School

**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.