

Monday
Tuesday
Wednesday
Thursday
Friday

*Elementary
**High School


Cereal

Fruit Choice
Juice Choice
Milk

6
Breakfast Pizza

Fruit Choice
Juice Choice
Milk

7
French Toast Sticks

Fruit Choice
Juice Choice
Milk

1
Fruit & Yogurt

Granola
Fruit Choice
Juice Choice
Milk

2
Cinnamon Roll

Fruit Choice
Juice Choice
Milk

3
Assorted Muffins

Fruit Choice
Juice Choice
Milk

13
Scrambled Eggs/Toast

Fruit Choice
Juice Choice
Milk

14
Pancake on a Stick

Fruit Choice
Juice Choice
Milk

15
No School

MEA

16
No School

MEA

17
No School
20
Breakfast Sandwich

Fruit Choice
Juice Choice
Milk

21
Pancakes

Fruit Choice
Juice Choice
Milk

22
Assorted Donuts

Fruit Choice
Juice Choice
Milk

23
Blue Berry Bubble Bread

Fruit Choice
Juice Choice
Milk

24
**Strawberry Cream Cheese
Bagel**

Fruit Choice
Juice Choice
Milk

27
Biscuits/Gravy

Fruit Choice
Juice Choice
Milk

28
French Toast Sticks

Fruit Choice
Juice Choice
Milk

29
Egg Taco

Fruit Choice
Juice Choice
Milk

30
Frudel Bar

Fruit Choice
Juice Choice
Milk

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.



OCTOBER 2025

Martin County West School

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

Monday

Tuesday

Wednesday

Thursday

Friday

Elementary
High School

Spaghetti

Meat/Sauce
Garlic Bread
Steamed Broccoli
Fruit Choice
Cheese Stick

Hot Ham and Chees

WG Bun
Scalloped Potatoes
Corn
Fruit Choice

Grilled Cheese

Tomato Soup
Peas
Fruit Choice

Chicken Patty on a B

Cooked Carrots
Sun Chips
Fruit Choice

Quesadilla

Refried Beans
Steamed Broccoli
Fruit Choice

Spaghetti

Hot Ham and Chees

Orange Chicken

Fried Rice
Stir Fry Veggies
Mandarin Oranges

Pizza

Green Beans
Salad
Fruit Choice

Beefy Nachos

Assorted Toppings
Cheese Sauce
Fiesta Beans
Rosy Applesauce

Italian Dunkers

Dipping Sauce
California Blend
Fruit Choice

Chicken Strips

Mashed Potatoes
Gravy
Corn
Fruit Choice
Dinner Roll

Corndog

Baked Beans
Sun Chips
Fruit Choice

No School

MEA

No School

MEA

No School

Teacher Workshop

Mr. Rib on a Bun

Ranchero Beans
Cole Slaw
Fruit Choice

Creamy Chicken

Over Mashed Potatoes
Peas
Fruit Choice
Biscuits

Cheese Omelet

Cinnamon Roll
Hash Brown
Broccoli
Juice Cup
Fruit Choice

Hamburger on a Bu

Assorted Toppings
Oven Fries
Cooked Carrots
Fruit Choice

Chicken Alfredo

Rotini
Steamed Broccoli
Garlic Bread
Fruit Choice

Soft Shell Tacos

Assorted Toppings
**Rice
Fiesta Beans
Fruit Choice

Chicken Patty on a B

Cooked Carrots
Sun Chips
Fruit Choice

Pizza

Green Beans
Caesar Salad
Fruit Choice

Popcorn Chicken

Mashed Potatoes
Gravy
Corn
Fruit Choice
Dinner Roll

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.