

Monday

Tuesday

Wednesday

Thursday

Friday



No School 1

Breakfast Pizza 2
Fruit Choice
Juice Choice

Muffins 3
Fruit Choice
Juice Choice

**Yogurt Parfait
Granola** 6
Fruit Choice
Juice Choice

Breakfast Sandwich 7
Fruit Choice
Juice Choice

French Toast Sticks 8
Fruit Choice
Juice Choice

Cinnamon Roll 9
Fruit Choice
Juice Choice

Scrambled Eggs/Toast 10
Fruit Choice
Juice Choice

Cereal 13
Fruit Choice
Juice Choice

Banana Bread 14
Fruit Choice
Juice Choice

Pancakes 15
Fruit Choice
Juice Choice

Assorted Doughnuts 16
Fruit Choice
Juice Choice

Biscuits/Gravy 17
Fruit Choice
Juice Choice

Frudel Bar 20
Fruit Choice
Juice Choice

Breakfast Pizza 21
Fruit Choice
Juice Choice

Pancake on a Stick 22
Fruit Choice
Juice Choice

Cinnamon Streusel Cake 23
Fruit Choice
Juice Choice

Ham & Egg Croissant 24
Fruit Choice
Juice Choice

Cereal 27
Fruit Choice
Juice Choice

Breakfast Burrito 28
Fruit Choice
Juice Choice

Pancakes 29
Fruit Choice
Juice Choice

Strawberry Bagel 30
Fruit Choice
Juice Choice

Egg Taco 31
Fruit Choice
Juice Choice

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*High School **Elementary # new item</p> <p>Orange Chicken 6 Fried Rice Stir Fry Veggies Mandarin Oranges</p>	<p>Sloppy Joe on a Bun 7 Potato Wedges Cooked Carrots Fruit Choice</p>	<p>No School 1</p>	<p>Corndog 2 Baked Beans Sun Chip Fruit Choice</p>	<p>Rotini 3 Spaghetti Sauce w/Meat Garlic Bread Peas Cheese Stick Fruit Choice</p>
<p>Bosco Sticks 13 Dipping Sauce Green Beans Fruit Choice</p>	<p>Cream Chicken 14 BP Biscuits Mashed Potatoes Peas Fruit Choice</p>	<p>Omelets 15 Cinnamon Roll Hash Browns Cooked Carrots Fruit Choice Juice Cup</p>	<p>Beef Nachos 16 Cheese Sauce Assorted Toppings Fiesta Beans Fruit Choice</p>	<p>Pulled Pork/Bun 17 Potato Wedges Cole Slaw Fruit Choice</p>
<p>Popcorn Chicken 20 Mashed Potatoes Country Gravy Corn Fruit Choice Dinner Roll</p>	<p>Grilled Cheese 21 Tomato Soup California Blend Fruit Choice</p>	<p>Cheeseburger 22 WG Bun Assorted Toppings Oven Fries Carrots Fruit Choice</p>	<p>Chicken Alfredo 23 Rotini Noodles Steamed Broccoli Bread Stick Fruit Choice</p>	<p>Hotdog/Bun 24 Baked Beans Sun Chips Fruit Choice Early Out</p>
<p>Pizza 27 Green Beans Fruit Choice</p>	<p>#Chicken Teriyaki 28 Noodles Steamed Broccoli Fruit Choice</p>	<p>Hot Ham & Cheese 29 Scalloped Potatoes Corn Fruit Choice</p>	<p>Chicken Patty 30 WG Bun Rice Pilaf California Blend Veggies Fruit Choice</p>	<p>Lasagna Roll Ups 31 Garlic Bread Peas Fruit Choice</p>

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.

Monday
Tuesday
Wednesday
Thursday
Friday

*High School
**Elementary
new item



Orange Chicken 6
Fried Rice
Stir Fry Veggies
Mandarin Oranges

Hamburger/Bun 7
Oven Fries
Cooked Carrots
Fruit Choice

Cheese Quesadilla 8
Refried Beans
Spiced Apples
Fruit Choice

Chicken Strips 9
Mashed Potatoes
Gravy
Corn
Fruit Choice
Dinner Roll

Sub Sandwich 10
Turkey/Ham
Assorted Topping
Sun Chips
Broccoli
Fruit Choice

Bosco Sticks 13
Dipping Sauce
Green Beans
Fruit Choice

Grilled Chicken 14
BP Biscuits
Mashed Potatoes
Peas
Fruit Choice

Omelets 15
Cinnamon Roll
Hash Browns
Cooked Carrots
Fruit Choice
Juice Cup

Beef Nachos 16
Cheese Sauce
Assorted Toppings
Fiesta Beans
Fruit Choice

Shredded Pork/Bun 17
Potato Wedges
Cole Slaw
Fruit Choice

Popcorn Chicken 20
Mashed Potatoes
Country Gravy
Corn
Fruit Choice
Dinner Roll

Grilled Cheese 21
Tomato Soup
California Blend
Fruit Choice

Cheeseburger 22
WG Bun
Assorted Toppings
Oven Fries
Carrots
Fruit Choice

Chicken Alfredo 23
Rotini Noodles
Steamed Broccoli
Bread Stick
Fruit Choice

Hotdog/Bun 24
Baked Beans
Sun Chips
Fruit Choice

Early Out

Pizza 27
Green Beans
Fruit Choice

#Chicken Teriyaki 28
Noodles
Steamed Broccoli
Fruit Choice

Hot Ham & Cheese 29
Scalloped Potatoes
Corn
Fruit Choice

Chicken Patty 30
WG Bun
California Blend Veggies
Fruit Choice

Lasagna Roll Ups 31
Garlic Bread
Peas
Fruit Choice

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