



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cereal</b> <b>2</b> Fruit Choice Juice Choice	<b>Cinnamon Roll</b> <b>3</b> Fruit Choice Juice Choice	<b>Pancakes</b> <b>4</b> Fruit Choice Juice Choice	<b>Assorted Muffins</b> <b>5</b> Fruit Choice Juice Choice	<b>Breakfast Pizza</b> <b>6</b> Fruit Choice Juice Choice
<b>Cereal</b> <b>9</b> Fruit Choice Juice Choice	<b>Breakfast Sandwich</b> <b>10</b> Fruit Choice Juice Choice	<b>French Toast Sticks</b> <b>11</b> Fruit Choice Juice Choice	<b>Scrambled Eggs/Toast</b> <b>12</b> Fruit Choice Juice Choice	<b>Yogurt Parfait</b> <b>13</b> <b>Granola</b> Fruit Choice Juice Choice
<b>Frudel Bar</b> <b>16</b> Fruit Choice Juice Choice	<b>Ham &amp; Egg Croissant</b> <b>17</b> Fruit Choice Juice Choice	<b>Pancakes</b> <b>18</b> Fruit Choice Juice Choice	<b>Banana Bread</b> <b>19</b> Fruit Choice Juice Choice	<b>No School</b> <b>20</b>
<b>No School</b> <b>23</b>	<b>No School</b> <b>24</b>	<b>No School</b> <b>25</b>	<b>No School</b> <b>26</b>	<b>No School</b> <b>27</b>
<b>No School</b> <b>30</b>	<b>No School</b> <b>31</b>			



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
<b>Quesadilla</b> 2 Refried Beans *Spanish Rice Fruit Choice	<b>Popcorn Chicken</b> 3 Mashed Potatoes Gravy Corn Fruit Choice Dinner Roll	<b>Cheese Omelet</b> 4 Hash Brown Patty Cinnamon Roll Steamed Broccoli Juice Cup	<b>Hot Ham and Cheese</b> 5 Cooked Carrots Fruit Choice Dessert	<b>Spaghetti</b> 6 Meat and Sauce Garlic Toast Peas Fruit Choice Cheese Stick
<b>Mac &amp; Cheese</b> 9 California Blend Fruit Choice	<b>Breaded Pork Chop</b> 10 Mashed Potatoes Country Gravy Corn Fruit Choice Dinner Roll	<b>Tacos/Soft Shell</b> 11 Assorted Topping Fiesta Beans Fruit Choice	<b>Pizza</b> 12 Green Beans *Caesar Salad Fruit Choice	<b>Hamburger/Bun</b> 13 Oven Fries Broccoli Fruit Choice
<b>Orange Chicken</b> 16 Fried Rice Stir Fry Veggies Mandarin Oranges	<b>Chicken Patty</b> 17 WG Bun Cooked Carrots Fruit Choice	<b>Italian Dunkers</b> 18 Dipping Sauce Steamed Broccoli Fruit Choice	<b>Hotdog on a Bun</b> 19 Baked Beans Fruit Choice Christmas Cookie	<b>No School</b> 20
<b>No School</b> 23	<b>No School</b> 24	<b>No School</b> 25	<b>No School</b> 26	<b>No School</b> 27
<b>No School</b> 30	<b>No School</b> 31			

**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.