

**BREAKFAST****NOVEMBER 2021**

Martin County West

Menu subject to
change without
notice**Monday****Cereal/Toast**Fruit Choice
Juice Choice
Milk**1****Tuesday****Frudel Bar**Fruit Choice
Juice Choice
Milk**2****Wednesday****Biscuits**Gravy or Jelly
Fruit Choice
Juice Choice
Milk**3****Thursday****French Toast Sticks**Fruit Choice
Juice Choice
Milk**4****Friday****Egg/Toast**Fruit Choice
Juice Choice
Milk**5****Cereal/Toast**Fruit Choice
Juice Choice
Milk**8****Cinnamon Roll**Fruit Choice
Juice Choice
Milk**9****Pancake on a Stick**Fruit Choice
Juice Choice
Milk**10****Breakfast Sandwich**Fruit Choice
Juice Choice
Milk**11****Egg Taco**Fruit Choice
Juice Choice
Milk**12****Muffin Choice**Fruit Choice
Juice Choice
Milk**15****Cereal/Toast**Fruit Choice
Juice Choice
Milk**16****Pancakes**Fruit Choice
Juice Choice
Milk**17****Breakfast Pizza**Fruit Choice
Juice Choice
Milk**18****No School
Teacher In-Service****19****Cereal/Toast**Fruit Choice
Juice Choice
Milk**22****Frudel Bar**Fruit Choice
Juice Choice
Milk**23****Yogurt Parfait**Fruit Choice
Juice Choice
Milk**24****No School****25****Thanksgiving****No School****26****Thanksgiving Break****Cereal/Toast**Fruit Choice
Juice Choice
Milk**29****Assorted Donuts**Fruit Choice
Juice Choice
Milk**30**

Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Grains are at least 51% whole grain.

Milk is low-fat or fat free plain or fat free flavored

Must choose 3 items, one being fruit or veggie, to count as a complete breakfast.

Fresh and/or canned fruits and 100% fruit juices are offered every day.

Cold cereal is offered every day





NOVEMBER 2021

Martin County West School

Menu subject to change
without notice. Sorry for
any inconvenience

Monday

Mr Rib on a Bun 1
Potato Wedges
Veggie Choice
Fruit Choice

Fish Wedge 8
Mashed Potatoes
Gravy
Fruit Choice
Dinner Roll

Corndog 15
Baked Beans
Cucumber Slices
Fruit Choice

Pizza 22
Green Beans
**Broccoli Salad
Fruit Choice

Orange Chicken 29
Fried Rice
Stir Fry Veggie
Mandarin Oranges

Tuesday

Chicken Fajita 2
Tortilla Shell
Peppers/Onions
Refried Beans
Fruit Choice

Tacos 9
Assorted Taco Toppings
Tortilla Shell
Fiesta Beans
Fruit Choice
**Spanish Rice

Lasagna Roll Up 16
Garlic Bread
Green Beans
Fruit Choice

Nachos 23
Cheese and Meat
Assorted Fresh Veggies
Fruit Choice

Meatballs 30
Mashed Potatoes
Gravy
Green Beans
Fruit Choice
Dinner Roll

Wednesday

Hotdog/Bun 3
Baked Beans
Carrot Sticks
Apple Slices

Early Out

Pulled Pork/Bun 10
Calico Beans
Cole Slaw
Fruit Choice

***New Item*Tatchos** 17
Tator Tots, Taco Meat, Cheese
Fiesta Beans
Seasoned Rice
Fruit Choice

Popcorn Chicken 24
Mashed Potatoes
Corn
Gravy
Fruit Choice
WG Dinner Roll

**High School meals include a
fruit/veggie bar with let-
tuce/romaine (dark green mix),
raw veggies, fresh fruit, and/or
canned fruit.

Thursday

Cheese Omelet 4
Cinnamon Roll
Breakfast Potatoes
Pepper Slices
Fruit Choice

Chicken Strips 11
Mashed Potatoes
Corn
Fruit Choice
Bread Stick

Roast Turkey 18
Mashed Potatoes
Stuffing
Corn
Fruit Choice

No School 25
Thanksgiving

Friday

Chicken Alfredo 5
Rotini Pasta
Steamed Broccoli
Fruit Choice
Garlic Bread

Hamburger/Bun 12
Assorted Fresh Toppings
Oven Fries
Carrots
Fruit Choice

No School 19
Teacher In-Service

No School 26
Thanksgiving
Break

*Elementary
**High School



Lunch Notes: All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light. Milks are low fat or fat free. Fresh and canned fruits are available every day. A complete meal consists of 1/2 C of fruit or veggie plus 2 more meal components. If not taking a complete meal you will be charged ala carte prices. **All student meals are free as long as you take the required items.** Due to COVID there will not be salad bar available at the elementary schools until further notice.