

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

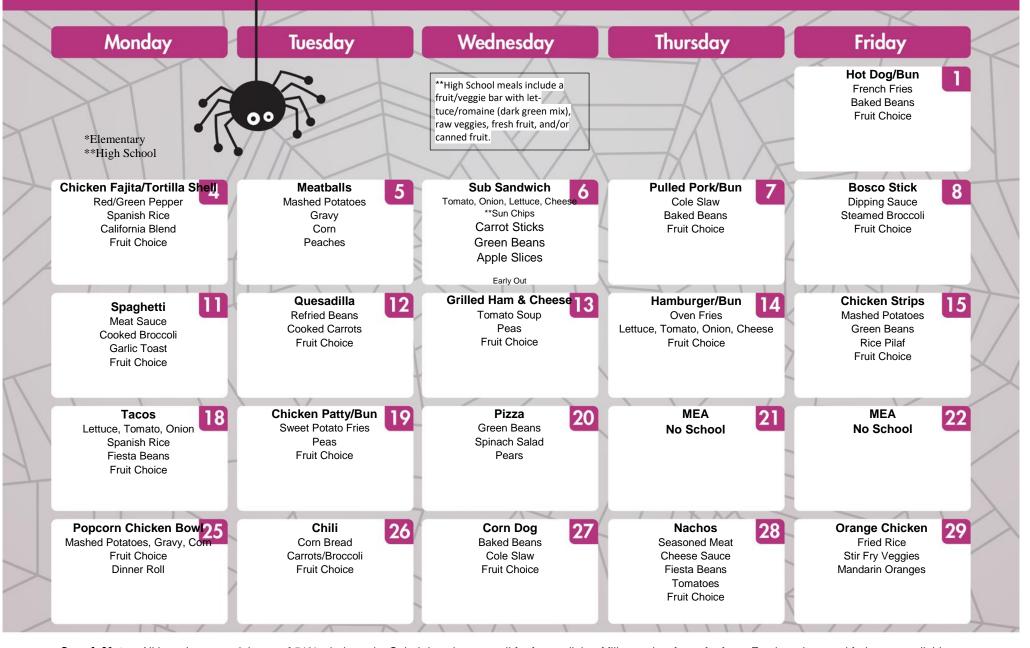
Milk is low-fat or fat free plain or fat free flavored



## **OCTOBER 2021**

Martin County West School

Menu subject to change without notice. Sorry for any inconvenience



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 ½ 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. Premade salads will be available for the elementary.