

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal/Toast

Fruit Choice
Juice Choice
Milk

4

Breakfast Pizza

Fruit Choice
Juice Choice
Milk

5

Pancakes

Fruit Choice
Juice Choice
Milk

6

Yogurt Parfait

Fruit Choice
Juice Choice
Milk

7

Cereal Bars/Fruited Bars

Fruit Choice
Juice Choice
Milk

8

Cereal/Toast

Fruit Choice
Juice Choice
Milk

11

**Biscuits with Gravy
Or Jelly/Peanut Butter**

Fruit Choice
Juice Choice
Milk

12

French Toast Sticks

Fruit Choice
Juice Choice
Milk

13

Egg/Toast

Fruit Choice
Juice Choice
Milk

14

Assorted Roll/Donut

Fruit Choice
Juice Choice
Milk

15

Cereal/Toast

Fruit Choice
Juice Choice
Milk

18

Pancake on a Stick

Fruit Choice
Juice Choice
Milk

19

Breakfast Sandwich

Fruit Choice
Juice Choice
Milk

20

MEA
No School

21

MEA
No School

22

Cereal/Toast

Fruit Choice
Juice Choice
Milk

25

Egg Taco

Fruit Choice
Juice Choice
Milk

26

Muffin Choice

Fruit Choice
Juice Choice
Milk

27

Breakfast Pizza

Fruit Choice
Juice Choice
Milk

28

Pancakes

Fruit Choice
Juice Choice
Milk

29

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

Cold cereal is offered every day



OCTOBER 2021

Martin County West School

Menu subject to change
without notice. Sorry for
any inconvenience

Monday

Tuesday

Wednesday

Thursday

Friday



*Elementary
**High School

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

Chicken Fajita/Tortilla Shell

Red/Green Pepper
Spanish Rice
California Blend
Fruit Choice

4

Meatballs

Mashed Potatoes
Gravy
Corn
Peaches

5

Sub Sandwich

Tomato, Onion, Lettuce, Cheese
**Sun Chips
Carrot Sticks
Green Beans
Apple Slices

6

Early Out

Pulled Pork/Bun

Cole Slaw
Baked Beans
Fruit Choice

7

Bosco Stick

Dipping Sauce
Steamed Broccoli
Fruit Choice

8

Spaghetti

Meat Sauce
Cooked Broccoli
Garlic Toast
Fruit Choice

11

Quesadilla

Refried Beans
Cooked Carrots
Fruit Choice

12

Grilled Ham & Cheese

Tomato Soup
Peas
Fruit Choice

13

Hamburger/Bun

Oven Fries
Lettuce, Tomato, Onion, Cheese
Fruit Choice

14

Chicken Strips

Mashed Potatoes
Green Beans
Rice Pilaf
Fruit Choice

15

Tacos

Lettuce, Tomato, Onion
Spanish Rice
Fiesta Beans
Fruit Choice

18

Chicken Patty/Bun

Sweet Potato Fries
Peas
Fruit Choice

19

Pizza

Green Beans
Spinach Salad
Pears

20

MEA

No School

21

MEA

No School

22

Popcorn Chicken Bowl

Mashed Potatoes, Gravy, Corn
Fruit Choice
Dinner Roll

25

Chili

Corn Bread
Carrots/Broccoli
Fruit Choice

26

Corn Dog

Baked Beans
Cole Slaw
Fruit Choice

27

Nachos

Seasoned Meat
Cheese Sauce
Fiesta Beans
Tomatoes
Fruit Choice

28

Orange Chicken

Fried Rice
Stir Fry Veggies
Mandarin Oranges

29

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.