



Monday	Tuesday	Wednesday	Thursday	Friday
No School 2	Breakfast Pizza 3 Fruit Choice Juice Choice Milk 7-12 start	Cinnamon Roll 4 Fruit Choice Juice Choice Milk	French Toast Sticks 5 Fruit Choice Juice Choice Milk K-6 start	Strawberry Cream Cheese Bagel 6 Fruit Choice Juice Choice Milk
Cereal 9 Fruit Choice Juice Choice Milk	Biscuits/Gravy 10 Fruit Choice Juice Choice Milk	Scrambled Eggs/Toast 11 Fruit Choice Juice Choice Milk	Pancakes 12 Fruit Choice Juice Choice Milk	Fruit/Yogurt Granola/UBR 13 Fruit Choice Juice Choice Milk
Cereal 16 Fruit Choice Juice Choice Milk	Breakfast Sandwich 17 Fruit Choice Juice Choice Milk	Assorted Muffins 18 Fruit Choice Juice Choice Milk	Pancake on a Stick 19 Fruit Choice Juice Choice Milk	Blue Berry Bubble Bread 20 Fruit Choice Juice Choice Milk
Cereal 23 Fruit Choice Juice Choice Milk	Assorted Donuts 24 Fruit Choice Juice Choice Milk	Waffles 25 Fruit Choice Juice Choice Milk	Cheesy Omelet/Toast 26 Fruit Choice Juice Choice Milk	Banana Bread 27 Fruit Choice Juice Choice Milk
Cereal 30 Fruit Choice Juice Choice Milk				

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
No School 2	*Hamburger/Bun 3 Potato Salad Steamed Broccoli Watermelon 7-12 begin	*Beefy Nachos 4 Assorted Toppings Cheese Sauce Fiesta Beans Rosy Applesauce	Pizza 5 Green Beans Peaches Elementary Starts	Hotdog on a Bun 6 Potato Wedges Fruit Choice
Italian Dunkers 9 Dipping Sauce California Blend Fruit Choice	Chicken Strips 10 Mashed Potatoes Corn Fruit Choice Dinner Roll	Hot Ham and Cheese 11 WG Bun Baked Beans Fruit Choice	Spaghetti 12 Meat/Sauce Garlic Bread Peas Peaches Cheese Stick	Chicken Patty/Bun 13 *Pasta Salad Steamed Broccoli Spiced Apples
Orange Chicken 16 Fried Rice Stir Fry Veggies Mandarin Oranges	Pulled Pork/Bun 17 Potato Wedges Cole Slaw Fruit Choice	Walking Tacos 18 Seasoned Beef Assorted Toppings Fiesta Beans Fruit Choice	Popcorn Chicken 19 Mashed Potatoes/Gravy Corn Fruit Choice Dinner Roll	Cheesy Omelet 20 Hash Brown Potatoes Cooked Carrots Cinnamon Roll Fruit Choice
Chicken Alfredo 23 Rotini Noodles Breadstick Steamed Broccoli Homecoming Week	Ham/Turkey Sub 24 Assorted Toppings Oven Fries Fruit Choice	Pizza 25 Green Beans Fruit Choice	Chicken Fajita 26 *Rice Pilaf Red/Green Peppers Refried Beans Fruit Choice	Hamburgers/Bun 27 Assorted Topping Potato Salad Fruit Choice
Corn Dog 30 Baked Beans Fruit Choice	*High School **Elementary			



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.