


**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**No School**
**5**
**Assorted Muffins**
**6**

Fruit Choice  
Juice Choice  
Milk

7-12 School Begins

**Pancakes**
**7**

Fruit Choice  
Juice Choice  
Milk

7-12 School Begins

**No School**
**1**
**No School**
**2**
**Breakfast Pizza**
**8**

Fruit Choice  
Juice Choice  
Milk

**Fruit/Yogurt**
**9**

Graham Cracker  
Fruit Choice  
Juice Choice  
Milk

**Cereal/Toast**
**12**

Fruit Choice  
Juice Choice  
Milk

**Biscuit & Gravy**
**13**

Fruit Choice  
Juice Choice  
Milk

**French Toast Sticks**
**14**

Fruit Choice  
Juice Choice  
Milk

**Breakfast Burrito**
**15**

Fruit Choice  
Juice Choice  
Milk

**Assorted Roll/Donut**
**16**

Fruit Choice  
Juice Choice  
Milk

**Cereal/Toast**
**19**

Fruit Choice  
Juice Choice  
Milk

**Breakfast Sandwich**
**20**

Fruit Choice  
Juice Choice  
Milk

**Pancake on a Stick**
**21**

Fruit Choice  
Juice Choice  
Milk

**Eggs/Toast**
**22**

Fruit Choice  
Juice Choice  
Milk

**Banana Bread**
**23**

Fruit Choice  
Juice Choice  
Milk

**Cereal/Toast**
**26**

Fruit Choice  
Juice Choice  
Milk

**Cinnamon Coffee Cake**
**27**

Fruit Choice  
Juice Choice  
Milk

**Pancakes**
**28**

Fruit Choice  
Juice Choice  
Milk

**Assorted Muffins**
**29**

Fruit Choice  
Juice Choice  
Milk

**Breakfast Pizza**
**30**

Fruit Choice  
Juice Choice  
Milk

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



# SEPTEMBER 2022

Martin County West Schools

Menu is subject to change  
without notice. Sorry for  
any inconvenience

Monday

Tuesday

Wednesday

Thursday

Friday

\*Elementary  
\*\*High School

No School

5

\*\*Hot Ham Sandwich

6

Scalloped Potatoes  
Cooked Carrots  
Fruit Choice

\*\*Shredded Pork Nachos

7

Cheese Sauce  
Cole Slaw  
Peas  
Fruit Choice

No School

1

No School

2

Hot Dog/Bun

8

Baked Beans  
\*\*Fries  
Fruit Choice

Pizza

9

Green Beans  
Carrot Sticks  
Fruit Choice

Tacos

12

Tortilla Shells  
Tomato, Lettuce, Onion  
Fiesta Beans  
Seasoned Rice  
Fruit Choice

Ham/Turkey Sub

13

Lettuce, Tomato, Cheese  
Cooked Carrots  
\*\*Potato Wedges  
Fruit Choice

Chicken Strips

14

Mashed Potatoes  
Corn  
Fruit Choice  
Dinner Roll  
\*Gold Fish

Spaghetti

15

Meat Sauce  
Steamed Broccoli  
Garlic Toast  
Fruit Choice

Hamburger/Bun

16

Cheese, Onion, Tomato, Lettuce  
Potato Salad  
Broccoli Pieces  
Fruit Choice

Sloppy Joes

19

Sweet Potato Fries  
Steamed Broccoli  
Fruit Choice

Chicken Patty

20

WG Bun  
Tomato, Lettuce  
\*\*Rice Pilaf  
Green Beans  
Fruit Choice

Corn Dog

21

Baked Beans  
Sun Chips  
Fruit Choice

Breaded Pork Chop

22

Mashed Potatoes  
Country Gravy  
Corn  
Fruit Choice

Orange Chicken

23

Fried Rice  
Stir Fry Veggies  
Mandarin Oranges

Italian Dunkers

26

Dipping Sauce  
California Blend  
Fruit Choice

Chicken Alfredo

27

Rotini Noodles  
Steamed Broccoli  
Fruit Choice

Pulled Pork/Bun

28

Cole Slaw  
Baked Beans  
Fruit Choice

Popcorn Chicken Bowl

29

Mashed Potatoes  
Gravy  
Corn  
Fruit Choice

Pizza

30

Green Beans  
Carrot Sticks  
Fruit Choice

**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 full meal components. If not taking a complete meal you will be charged ala carte prices. Menu subject to change without notice. Sorry for any inconvenience.