

Weakley County School Nutrition Program

Martin Elementary School

September 2019

Milk choice, Fruit choice, & 3rd choice offered daily.

“This institution is an equal opportunity provider.”

Menu is subject to change without prior notice.

<i>Cereal & String Cheese</i>	<i>Yogurt & Crackers</i>	<i>Super Salads</i>	<i>Pretzel & Cheese Dip</i>	<i>Cereal & String Cheese</i>
Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Pillsbury – Waffles/Pancakes	4 Chicken Slider or Sausage Biscuit	5 Banana Bread or Cocoa Bread	6 Sausage Links & Cin. French Toast
	Hot Dog Cheeseburger Fresh Side Salad Fries Sidekick Slushie Apple Slices w/ Caramel <i>Soy Milk sample</i>	Chicken Nuggets w/ roll Corn Dog Mashed Potatoes Bacon Green Beans Applesauce & Pineapple Slices <i>Soy Butter & crackers sample</i>	BBQ Grilled Chicken BBQ Nachos Curly Fries Baby Carrots w/ Ranch Tropical Fruit & Raisels Funnel Cake <i>Edamame sample- SOYBEAN</i>	 Soybean Festival NO LUNCH Served  Grandparent's Day - Sunday
9 Powdered Sugar or Choc. Donuts	10 Breakfast Pizza with Gravy	11 Breakfast Egg & Cheese Sandwich	12 Frudal or Mini Cinnis	13 Chicken Bites and Donut Holes
Chic-fil-A style Sandwich Cheese Pinwheel Cheese Lettuce, Tomato, Pickles Waffle Fries Slaw Sidekick Slushie & Apples	Chuckwagon Popcorn Chicken Macaroni & Cheese Hot Roll Glazed Carrots Green Beans Diced Peach Cup & Pears World Suicide Prevention Day	<i><u>Mrs. Rebecca's Class Lunch</u></i> <i><u>Stan Lee's "Marvel"ous Lunch</u></i> Captain American's Fish Stars Thor's Soft Shell Tacos Iron Man's Spinach Salad w/Carrots Dr. Strange Onion Rings Black Widows French Fries Spiderman's Pears & Black Panthers Grapes Hulks Green Pudding	Chicken (2) Pork Tenderloin (1) Biscuit (2) Gravy Tater tots Cherry Tomatoes Pinto Beans Pineapple Tidbits Applesauce Cup	Grilled Cheese Hot Dog Steamed Broccoli and Cheese Baked Potatoes w/ toppings Mandarin Oranges
16 Cheese Breakfast Toast	17 Yogurt & Granola Bar	18 Chicken Slider or Sausage Biscuit	19 UBR (Oatmeal Cookie)	20 Pancake on a Stick
Corndog Cheese Sticks w/ Marinara Green Beans Seasoned Fries Sidekick Slushie Cinnamon Applesauce	Buffalo Chicken Nachos Crispitos <i>3rd choice: Yogurt & Crackers</i> Nacho Cheese Salsa Potato Wedges Fresh Broccoli and Ranch Apples & Pears	Bacon Cheeseburger Popcorn Shrimp w/ roll Lettuce, Tomato, Pickles California Blend Fries Mandarin Oranges & Diced Peach Cup Air Force Birthday	Early Dismissal – No Lunch Served  12:00 – 6:00	<i><u>Mrs. Kym's Class Menu</u></i> Chicken Tenders Spaghetti Garlic Bread Corn & Glazed Carrots Pineapple Slices & Fruit Cocktail Mixmi Frozen Yogurt Treat *NEW POW/MIA Recognition Day
23 Blueberry Stick	24 Muffin & String Cheese	25 Sausage Biscuit or Chicken Slider	26 Pop-tart (2ct)	27 Bacon, Egg, & Cheese Pizza
Stuffed Crust Pizza Burrito Corn Pinto Beans Sidekick Slushie & Apples	Poppy Seed Chicken or Country Fried Steak with gravy Mexican Cornbread Black-eye Peas Cabbage Bananas & Mandarin Oranges	Chicken Drumstick Baked Ham Hot Roll Green Beans Parsley Potatoes Tropical Fruit & Strawberries	Beef Rotini (like Lasagna) Chicken Rings Hot Roll Sweet Potatoes Fresh Side Salad Peaches & Fruit Cocktail	Pork Chopette w/ Hot Roll BBQ Turkey Nachos Carrots w/Ranch English Peas Yellow Cake w/ Icing Mixed Berries & Peach Cup
30 Cereal Bowl	No one can make you feel inferior without your consent. Eleanor Roosevelt			
Smothered Grilled Chicken w/ Garlic Toast Meatball Sub Cucumbers w/Ranch Glazed Baby Carrots Fruit surprise	This Month's Challenge: Write down 5 things you LOVE about yourself. #selfloveSeptember			
	Super Salad Wednesdays - 4th: Fajita Chicken Salad; 11th: Captain Marvel's Chef Salad; 18th: Popcorn Chicken Salad; 25th: Chef's Salad			