



Weakley County School Nutrition Program

Martin Middle School

August 2019 Menu

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”

Menus are subject to change without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Bagel with Strawberry Spread	6 Sausage, Egg, & Cheese Slider	7 Sausage Biscuit	8 Cinnamon Roll	9 Pop Tarts
“School” Pizza Grilled Cheese Crinkle Cut Fries Corn Applesauce New School Year – New Beginnings	Fish Nugget Shapes Turkey Rotel Hot Roll Mashed Potatoes Carrots with Dip Fruit Cocktail	Chicken Sliders Hot Dog Lettuce, Tomato, Pickles Spiral Fries Baked Beans Tropical Fruit Purple Heart Day	Sweet and Sour Chicken Crispy Steak Lo Mein Noodles Egg Roll Chinese Green Beans Broccoli with Cheese Mandarin Oranges	Hamburger Steak Turkey Tetrazzini Garlic Toast Sweet Potato Variety Fresh Side Salad Peach Cup
12 Banana Bread	13 Pillsbury - Cini Minis	14 Chicken Slider	15 Cheese Omelet & Biscuit	16 Sausage Links & Cinnamon French Toast
Cheeseburger Turkey and Ham Wrap Lettuce, Tomato, Pickles, Onion Baked Beans Seasoned Fries Pears	Mini Corndogs Philly Steak and Cheese Sub Fresh Side Salad Potato Wedges Pineapple	Chicken Nuggets w/ Hot Roll Deli Sub Seasoned Potatoes Bacon Green Beans Fruit Slushie	Asian Chicken Beef Dippers Fried Rice / Hot Roll Stir Fry Crinkle Cut Carrots w/ Ranch Applesauce	Rib Sandwich Chicken Philly Steamed Broccoli Sweet Potato Variety Fruit Cocktail
19 Powdered Sugar or Chocolate Donuts	20 Breakfast Pizza with Gravy	21 Breakfast Egg & Cheese Sandwich	22 Frudal	23 Chicken Bites and Donut Holes
Chic-Fil-A style Sandwich Fish Sandwich Cheese Lettuce, Tomato, Pickles Waffle Fries Slaw Tropical Fruit	Chuckwagon Chicken Chunks Macaroni & Cheese Hot Roll Glazed Carrots Green Beans Mandarin Oranges	Pollo Loco Chicken with Cheese & Rice Soft Shell Taco Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans Peaches Senior Citizens Day	Chicken (2) Pork Tenderloin (1) Biscuits (2) Gravy Tater tots Cherry Tomatoes Baked Apples	Turkey Club Sandwich with Bacon Hot Dog Steamed Broccoli and Cheese Baked Potatoes w/ toppings Pears
26 UBR (Oatmeal Breakfast Cookie)	27 Yogurt & Graonla Bar	28 Chicken Biscuit	29 Pancake on a Stick	30 NO SCHOOL Happy Labor Day Weekend
Corndog Cheese Sticks w/ Marinara Carrots w/ Ranch Seasoned Fries Pineapple	Beef Nachos Crispitos Nacho Cheese Salsa Potato Wedges Fresh Broccoli and Ranch Fruit Slushie	Bacon Cheeseburger Chicken Fajita Lettuce, Tomato, Pickles, Onion Fajita Veggies Spiral Fries Applesauce	Quesadilla Traveling Taco Spanish Rice Mexican Beans Shredded Lettuce & Diced Tomato Salsa & Sour Cream Fruit Cocktail	

“BIG things often have small beginnings.”

T. E. Lawrence

“Great things are not done by impulse, but by a series of small things brought together.”

Vincent van Gogh

THIS MONTH’S CHALLENGE: Get organized. Do your best at every single task, every single day no matter how insignificant it may seem. For this is what is required to fulfill your potential.