







Weakley County School Nutrition Program

Martin Middle School

November 2018 Menu

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Pop tart</p> <p>Sweet & Sour Chicken Crispy Steak Lo Mein Noodles Chinese Green Beans (Sautéed) Broccoli with Cheese Grapes</p>	<p>2 Pillsbury Pancakes</p> <p>Hamburger Steak Pork Chopette w/ Gravy Garlic Bread Baked Sweet Potato Corn Pineapple</p>
<p>5 Granola Bar</p> <p>Cheeseburger Grilled Chicken Wrap Lettuce, Tomato, Pickles, Onion Baked Beans Crinkle Cut Fries Applesauce cup</p>	<p>6 Cereal</p> <p>Deli Sub Philly Steak and Cheese Sub Vegetable Soup Fresh Salad Curly Fries Peach Cups</p>	<p>7 Chicken Slider</p> <p>Chicken Nuggets w/ Hot Roll Mini Corndogs Mashed Potatoes Bacon Green Beans Fruit Slushie</p>	<p>8 Banana Bread</p> <p>Asian Chicken w/ Asian Fried Rice Beef Dippers w/Hot Roll Stir Fry Baby Carrots with dip Tropical Fruit National STEM/STEAM Day</p>	<p>9 Sausage, Egg, Cheese Slider</p> <p>Rib Sandwich Chicken Philly Steamed Broccoli Sweet Potato Variety Apple</p>
<p>12 Donut</p> <p>Dill Chicken Sandwich Fish Sandwich Cheese, Lettuce, Tomato, Pickles Waffle Fries Baked Beans Slaw Mandarin Oranges Patriotic Dessert</p> 	<p>13 Breakfast Pizza</p> <p>Chuckwagon Popcorn Chicken Hot Roll Glazed Carrots Green Beans Cantaloupe</p>	<p>14 Sausage and Biscuit</p> <p>Pollo Loco Chicken with Cheese & Rice Beef Taco Shredded Lettuce & Diced Tomato Chips and Salsa and Sour Cream Fiesta Refried Beans Apple</p>	<p>15 Muffin</p> <p>Turkey or Ham Cornbread Dressing Hot Roll</p>  <p>Green Beans Sweet Potato Casserole Cranberry Sauce Fruit Salad Chocolate Chip Cookie</p>	<p>16 Oatmeal Bar</p> <p>Grilled Cheese Hot Dog Chili w/ Crackers (Chili also served with Grilled Cheese or Hot Dog) Steamed Broccoli and Cheese Baked Potatoes w/toppings  Fruit Cocktail</p> <p>Great American Smokeout</p>
<p>19 Pop Tart</p> <p>Variety Day Fresh Salad Potato Wedges Pineapple</p>	<p>20 Assorted Breakfast</p> <p>Variety Sandwich Day Green Beans Lettuce, Tomato, Pickles Waffle Fries Assorted Fruit</p>	<p>NO SCHOOL NOVEMBER 21-23</p> 		
<p>26 Pillsbury French Toast</p> <p>Stuffed Crust Pizza Burrito Corn Fresh Side Salad w/ Cherry Tomato Applesauce</p>  <p>Happy Bday Charles Shulz</p>	<p>27 Cereal</p> <p>Poppy Seed Chicken Country Fried Steak with gravy Mexican Cornbread Black-eye Peas Cabbage Pineapple</p>	<p>28 Frudal</p> <p>Popcorn Chicken Baked Ham Macaroni and Cheese (side) Hot Roll Green Beans Mashed Potatoes and Gravy Apple & Grapes</p>	<p>29 Cinnamon Pretzel Stick</p> <p>Pork Chopette w/ Hot Roll Frito Chili Pie Carrots w/dip English Peas Pears</p>	<p>30 UBR</p> <p>Lasagna Chicken Rings Roll Sweet Potatoes Pinto Beans Strawberry cups</p>