

Weakley County School Nutrition Program


Martin Middle School

September 2019

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”

Menu is subject to change without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Pillsbury Cini Minis,	4 Chicken Slider	5 Banana Bread	6 Sausage Links & Cinnamon French Toast
	Mini Corndogs Philly Steak and Cheese Sub Fresh Side Salad Assorted Fries Pineapple	Chicken Nuggets w/ Hot Roll Deli Sub Seasoned Potatoes Bacon Green Beans Tropical Fruit	Asian Chicken Beef Dippers Hot Roll Asian Rice Stir Fry Crinkle Cut Carrots w/ Ranch Fruit Slushie	Rib Sandwich Chicken Philly Steamed Broccoli Sweet Potato Casserole Apples and Grapes Don't forget Grandparent's Day -  Sunday
9 Powdered Sugar or Choc. Donuts	10 Breakfast Pizza with Gravy	11 Breakfast Egg & Cheese Sandwich	12 Frudal	13 Chicken Bites and Donut Holes
Chic-fil-A style Sandwich Fish Sandwich Cheese Lettuce, Tomato, Pickles Waffle Fries Slaw Tropical Fruit	Chuckwagon Popcorn Chicken Macaroni & Cheese Hot Roll Glazed Carrots Green Beans Orange World Suicide Prevention Day	Pollo Loco Chicken with Cheese & Rice Soft Shell Taco Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans Peaches	Chicken (2) Pork Tenderloin (1) Biscuit (2) Gravy Tater tots Cherry Tomatoes Baked Apples	Grilled Cheese Hot Dog Steamed Broccoli and Cheese Baked Potatoes w/ toppings Pears Mixmi Frozen Yogurt Treat *NEW
16 Cocoa Bread	17 Yogurt & Cereal	18 Chicken Biscuit	19 UBR (Oatmeal Breakfast Cookie)	20 Pancake on a Stick
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 Vegetables Steak Fries Applesauce Cups Air Force Birthday	Early Dismissal – No Lunch Served  12:00 – 6:00	Chicken Tenders w/ Hot Roll Manwich Sloppy Joe w/ Bun Cheesy Potatoes Green Beans Peaches POW/MIA Recognition Day
23 Blueberry Stick	24 Muffin & String Cheese	25 Sausage and Biscuit	26 Pop Tart (2ct)	27 Bacon, Egg, & Cheese Breakfast Pizza
Stuffed Crust Pizza Burrito Corn Pinto Beans Orange	Poppy Seed Chicken Country Fried Steak with gravy Mexican Cornbread Black-eye Peas Cabbage Peaches	Chicken Drumstick Baked Ham Hot Roll Green Beans Mashed Potatoes w/ Gravy Apple	Beef Rotini (like Lasagna) Chicken Rings Hot Roll Sweet Potatoes Fresh Side Salad Pears	Pork Chopette w/ Hot Roll Frito Chili Pie Carrots w/Ranch English Peas Pineapple
30 Cereal Bowl	No one can make you feel inferior without your consent. Eleanor Roosevelt			
Grilled Chicken Parmesan w/ Garlic Toast Meatball Sub Celery w/Ranch Glazed Baby Carrots Tropical Fruit	This Month's Challenge: Write down 5 things you LOVE about yourself. #selfloveSeptember			

Add soybean festival day