



**Weakley County School Nutrition Program**  
**Martin Middle School September 2020 Menu**



Milk choice offered daily for K-12.

“This institution is an equal opportunity provider.”

Menu is subject to change without prior notice.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>31. Pillsbury Cini Minis Juice &amp; Milk</b> Rectangle “School” Pizza Potato Wedges Corn Pineapple Slices Fruit  <u><b>Ham &amp; Cheese Wrap</b></u> Tostitos and Salsa Lettuce, Tomato Pickles Pineapple Slices Fruit	<b>1. Pancake Sausage Sandwich Juice &amp; Milk</b> Pollo Loco Chicken with Cheese and Spanish Rice Tostitos and Salsa Fiesta Refried Beans Strawberry Cup Fruit  <u><b>Popcorn Chicken Salad w/Croutons and Crackers</b></u> Strawberry Cup Fruit	<b>2. UBR (Oatmeal Brk Cookie) Juice &amp; Milk</b> Chicken Drumstick Hot Roll Green Beans Steamed Broccoli & Cheese Mixed Berry Cup Fruit  <u><b>PB &amp; J Lunchable</b></u> Chips Mixed Veggie Cup, Ranch, and Hummus Mixed Berry Cup Fruit	<b>3. Wild Berry Bread Juice &amp; Milk</b> Chicken (1) Biscuits (2) Egg Patty(1) Hashbrown Casserole Jelly Baked Apples  <u><b>Turkey/Cheese/Cracker Lunchable</b></u> Chips Broccoli w/Ranch Baked Apples	<b>4. Cereal Bar Cinn Tst Crun Juice &amp; Milk</b> Beef Dippers Hot Roll Parsley Potatoes Cooked Carrots Tropical Fruit  <u><b>Deli Sandwich with Chips</b></u> Lettuce, Tomato, Pickle Pickle Spears Tropical Fruit
<b>7. No School</b>	<b>8 Sausage and Biscuit Juice &amp; Milk</b> Mini Corndogs Fries Corn Mandarin Oranges Fruit  <u><b>Chef Salad w/Croutons and Crackers</b></u> Broccoli Salad Mandarin Oranges Mini Rice Krispie Treat Fruit	<b>9. Egg &amp; Bacon Sandwich Juice &amp; Milk</b> Chicken Nuggets Hot Roll Mashed Potatoes Green Beans Pineapples Fruit  <u><b>Ham/Cheese/Cracker Lunchable</b></u> Chips Broccoli, Ranch, and Hummus Pineapples Fruit	<b>10. Banana Bread Juice &amp; Milk</b> Cheese Sticks w/ Marinara Carrots w/ Ranch Fresh Side Salad w/ Tomato Applesauce Fruit  <u><b>Turkey &amp; Cheese Wrap</b></u> Chips Lettuce, Tomato, Pickle Spears Applesauce Fruit	<b>11. Mini Chocolate Donuts Juice &amp; Milk</b> Buffalo Chicken Drumstick Green Peas Mashed Potatoes Tropical Fruit Fruit  <u><b>Cereal, String Cheese, and Yogurt Lunchable</b></u> Carrots and Ranch Tropical Fruit Fruit Gummies Fruit
<b>14. Mini Powdered Sugar Juice &amp; Milk</b> Philly Steak Sandwich Chips Steamed Broccoli & Cheese Steak Fries Sorbet Cup Fruit  <u><b>Tostitos/Nacho Cheese/Salsa Lunchable</b></u> Chips Broccoli and Ranch Sorbet Cup Fruit	<b>15. Cinnamon Roll Juice &amp; Milk</b> Stuffed Crust Pizza Corn Fresh Side Salad w/ Tomato Pineapple Slices Fruit  <u><b>Grilled Chicken Salad w/Croutons and Crackers</b></u> Pineapple Slices Fruit Pickle Spear Mini Rice Krispie Treat	<b>16. Cocoa Bread Juice &amp; Milk</b> Manwich Sandwich Corn and Black Bean Fiesta Salsa & Sour Cream Applesauce Fruit  <u><b>Soft Pretzel and Nacho Cheese Lunchable</b></u> Chips and Salsa Mixed Veggie Cup with Ranch Hummus Applesauce Fruit	<b>17. Frudel Juice &amp; Milk</b> Fish Wedges/Shapes w/Hushpuppies Seasoned Fries White Beans Sliced Peaches  <u><b>Turkey and Bacon Club Sandwich with Chips</b></u> Lettuce, Tomato, Pickle Pickle Spears Sliced Peaches	<b>18. Cereal Bowl Juice &amp; Milk</b> Bacon Cheeseburger Lettuce, Tomato, Pickles Chips Maple Glazed Sweet Potatoes Baked Beans Sidekick Slushie Fruit  <u><b>Ham and Cheese Wrap</b></u> Tostitos and Salsa Lettuce, Tomato, Pickle Sidekick Slushie Fruit



<p><b>21. Pillsbury Cini Minis Juice &amp; Milk</b></p>	<p><b>22. Pillsbury Pancakes Juice &amp; Milk</b></p>	<p><b>23. Pancake Sausage Sandwich Juice &amp; Milk</b></p>	<p><b>24. Muffin &amp; Crackers Juice &amp; Milk</b></p>	<p><b>25. Pillsbury Waffle Juice &amp; Milk</b></p>
<p>Stuffed Crust or Rectangle Pizza Seasoned Fries Corn Pineapple Slices Fruit</p> <p><b><u>Ham and Cheese Wrap</u></b> Tostitos and Salsa Lettuce, Tomato, Pickle Carrots w ranch Pineapple Slices Fruit</p>	<p>Pollo Loco Chicken with Cheese and Spanish Rice Tostitos and Salsa Fiesta Refried Beans Strawberry Cup Fruit</p> <p><b><u>Popcorn Chicken Salad w/Croutons and Crackers</u></b> Pickle Spears Strawberry Cup Fruit</p>	<p>Chicken Drumstick Hot Roll Green Beans Steamed Broccoli &amp; Cheese Mixed Berry Cup Fruit</p> <p><b><u>PB &amp; J Lunchable</u></b> Chips Mixed Veggie Cup, Ranch, and Hummus Mixed Berry Cup Fruit</p>	<p>Sausage (1) Biscuits (2) Egg Patty(1) Hashbrown Casserole Jelly Baked Apples Fruit</p> <p><b><u>Turkey/Cheese/Cracker Lunchable</u></b> Chips Broccoli w/Ranch Baked Apples Fruit</p>	<p>Beef Dippers Hot Roll Parsley Potatoes Cooked Carrots Tropical Fruit Fruit</p> <p><b><u>Deli Sandwich with Chips</u></b> Lettuce, Tomato, Pickle Pickle Spears Tropical Fruit Fruit</p>
<p><b>28. Poptart 2ct Juice &amp; Milk</b></p>	<p><b>29. Sausage &amp; Biscuit Juice &amp; Milk</b></p>	<p><b>30. Egg &amp; Bacon Sandwich Juice &amp; Milk</b></p>	<p><b>OCT 1. Banana Bread Juice &amp; Milk</b></p>	<p><b>OCT 2. Mini Chocolate Donuts Juice &amp; Milk</b></p>
<p>Chicken Sandwich Pickles Sidewinder Fries Baked Beans Diced Pears Fruit</p> <p><b><u>Pepperoni Pizza Lunchable</u></b> Chips Carrots and Ranch Pickles Diced Pears Fruit</p>	<p>Mini Corndogs Tater Tots Corn Mandarin Oranges Fruit</p> <p><b><u>Chef Salad w/Croutons and Crackers</u></b> Broccoli Salad Mandarin Oranges Fruit Mini Rice Krispie Treat</p>	<p>Chicken Nuggets Hot Roll Mashed Potatoes Green Beans Pineapples Fruit</p> <p><b><u>Ham/Cheese/Cracker Lunchable</u></b> Chips Broccoli, Ranch, and Hummus Pineapples Fruit</p>	<p>Cheese Sticks w/ Marinara Carrots w/ Ranch Fresh Side Salad w/ Tomato Applesauce Fruit</p> <p><b><u>Turkey &amp; Cheese Wrap</u></b> Chips Lettuce, Tomato, Pickle Spears Carrots &amp; Ranch Applesauce Fruit</p>	<p>Chicken Drumstick Green Peas Mashed Potatoes Tropical Fruit Fruit</p> <p><b><u>Cereal, String Cheese, and Yogurt Lunchable</u></b> Mixed Veggie Cup and Ranch Tropical Fruit Fruit Fruit Gummies</p>