

# WEAKLEY COUNTY SCHOOL FOOD SERVICE

## LUNCH MENU

meat/meat k-3 1 1/2oz  
4-12 2 oz.  
fruit/veg 1/2 to 3/4 c  
grain/bread 1 serving  
milk 8 oz. (Milk offered daily)

### Martin Middle School September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pork Chop Roll or Ham Wrap Cheesy Potatoes Glazed Carrots Pineapple OR <b>Chef Salad</b>	2 Steak and Gravy/Rolls or Grilled Chicken Sand. Cream Potatoes Green Beans Peaches	3 Taco or Grilled Cheese Lettuce/ Tomato Chips and Salsa Mexican Beans Fruit Cocktail
6  No School	7 Chicken Quesadilla or Rib Sandwich Potato wedges Lettuce/Tomato Applesauce	8 Fish Sticks or Crispito Cornbread White Beans Coleslaw Onion Rings Bananas	9 Hamburger or. Stramboli French Fries Baked beans Lettuce/ Tomato Peaches	3 Spaghetti/ Garlic Toast or Mini Corn- Dogs Tossed Salad Corn on cob Pears
13 Cheese Sticks Pizza Sauce or Ham Sand Ravioli Pinto Beans Fruit Cocktail	14 Macho Nachos or Cheeseburger Potato wedges Salsa or Dill Pickles Lettuce/Tomato Fruit Salad	15 Mac & Cheese w/ham or Turkey Hoagie Green Beans Baby Carrots /dip Orange Slices	16 Lemon Pepper Chicken Rolls or Chuck Wagon Sand. Whole Kernel Corn Broccoli Rice Casserole Peaches	17 BBQ Pork Sandwich or Hot Dog Tator Tots Baked Beans Slaw Apples
20 St. Cr. Pizza or Corn Dog Tater Tots Fresh veggie tray Pineapple	21 Poppy Seed Chicken Roll Or Turkey & Cheese Wrap Black-eyed Peas Whole kernel Corn Pears	22 Meatloaf w Tangy Sauce Roll or Gr. Cheese Sandwich Cr. Potatoes / Green Peas Peaches <b>Chef Salad</b>	23 Chicken Littles Roll or Crispy Steak Sandwich Green Beans Carrot sticks /dip Bananas	24 Lasagna / Breadsticks or Sub Sandwich Tossed Salad Cheddar Rounds Applesauce
27 Taco or Grilled Cheese Sandwich Lettuce/ Tomato Chips and Salsa Mexican Beans Fruit Cocktail	28 Steak and Gravy/Rolls or Grilled Chicken Sandwich Cream Potatoes Green Beans Peaches	29 Chicken Quesadilla or Rib Sandwich Potato wedges Tossed Salad Apples OR  <b>Chef Salad</b>	30  No lunch served Parent / Teacher Conference	

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