

# WELCOME BACK!!

## Weakley County School Nutrition Program


### MARTIN PRIMARY

#### January 2019 Menu

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”



Cereal & String Cheese	Chef Salad	Ham & Cheese Roll-up	Deli Sandwich	Yogurt & Snack Crackers
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>7 Poptart</b>	<b>8 Waffles</b>	<b>9 Chicken Slider</b>	<b>10 Banana Bread</b>	<b>11 Sausage, Egg, Cheese Slider</b>
Cheeseburger or Grilled Chicken Wrap Lettuce, Tomato, Pickles Baked Beans Fries Apple/Fruit	Deli Sub or Grilled Cheese Sandwich Vegetable Soup Baby Carrots with dip Fries Peaches/Tropical Fruit	Chicken Nuggets w/ Hot Roll or Mini Corndogs Mashed Potatoes Bacon Green Beans Sorbet Cups/Raisels	Grilled Chicken or Beef Dippers Hot Roll Stir Fry Fresh Salad Mandarin Oranges/Plum	Rib Sandwich or Chicken Philly Steamed Broccoli Sweet Potato Variety Of Fruit
<b>14 Donut</b>	<b>15 Breakfast Pizza</b>	<b>16 Sausage and Biscuit</b>	<b>17 Muffin</b>	<b>18 Pillsbury Mini Cinis</b>
Dill Chicken Sandwich or Fish Sandwich Cheese Lettuce, Tomato, Pickles Waffle Fries Baked Beans Apple/Pears	Baked Ham or Popcorn Chicken Macaroni and Cheese Hot Roll Glazed Carrots Green Beans Pineapple/Grapes	Taco or Grilled Chicken Wrap Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans Sidekick Slushie/Raisels	Sausage or Chicken Pattie Biscuit Gravy Tater tots Baby Carrots with dip	Chili w/ Crackers or Hot Dog Steamed Broccoli and Cheese Baked Potatoes w/toppings Mixed Fruit Cups
<b>21 Martin Luther King, Jr. Day</b>	<b>22 Cereal bar</b>	<b>23 Chicken Slider</b>	<b>24 Pillsbury Mini Bagel</b>	<b>25 Cocoa Bread</b>
NO School 	Corndog or Cheese Sticks w/ Marinara Carrots w/ Ranch Fries Pineapple/Peach Cups	Bacon Cheeseburger or Chicken Fajita Lettuce, Tomato, Pickles Fajita Veggies Fries Sorbet Cups/Raisels	Quesadilla or Traveling Taco Mexican Beans Spanish Rice Mexican Taco Trimmings & Salsa Strawberries/Blueberries	Grilled Chicken Fish Nuggets Hushpuppies Glazed Carrots White Beans Pears/Variety of Fruit
<b>28 Pillsbury French Toast</b>	<b>29 Cereal</b>	<b>30 Sausage and Biscuit</b>	<b>31 Manager's Choice</b>	<b>February 1 UBR</b>
Stuffed Crust Pizza or Burrito Corn Fresh Side Salad w/ Cherry Tomato Applesauce/Tropical Fruit	Poppy Seed Chicken or Country Fried Steak Cornbread Black-eye Peas Cabbage Mandarin Oranges/Fruit	Popcorn Chicken or Meatloaf/Baked Ham Roll Green Beans Mashed Potatoes Sidekick Slushie/Raisels	Pork Chopette w/ Hot Roll or Frito Chili Pie Carrots w/dip English Peas Grapes-Pears	Lasagna or Chicken Rings Roll Sweet Potatoes Pinto Beans Variety Of Fruit