

Weakley County School Nutrition Program

Martin Primary

October 2019

Milk choice & Fruit choice offered daily
 "This institution is an equal opportunity provider."

Menu is subject to change without prior notice.



Assorted Lunchables	Chef Salad	Ham & Cheese Roll-Up	Deli Sandwich	Yogurt & Snack Cracker
Monday	Tuesday	Wednesday	Thursday	Friday
Sept 30 Cereal Bowl	1 Ham and Cheese Slider	2 Sausage and Biscuit	3 Dutch Waffle Cakes	4 Cheesy Breakfast Toast
Grilled Chicken w/ Garlic Toast Meatball Sub Cucumbers or Celery w/Ranch Glazed Baby Carrots	Ham and Cheese Sliders Fish Sandwich w/ Cheese Cornbread/Hushpuppies Seasoned Fries White Beans	Beef or BBQ Nachos Chicken Sandwich (any variety) Lettuce, Tomato, Pickles Corn Baked Beans Cookies	Mini Corn Dogs Spaghetti w/ Breadstick Fresh Side Salad Fries	Chicken (1-2) Sausage (1-2) Belgian Waffles (1) Biscuit (1-2) Hash Brown Casserole Baby Carrots w/Ranch
7 Bagel with Strawberry Spread	8 Sausage, Egg, & Cheese Slider	9 Chicken Biscuit	10 Cinnamon Roll	11 Waffle
"School" Pizza Grilled Cheese Zesty Tomato Soup (side item) Fries Corn	Fish Nugget Shapes Chicken Rotel Hot Roll Mashed Potatoes Baby Carrots w/Ranch	Chicken Sliders Hot Dog Lettuce, Tomato, Pickles Fries Baked Beans	Sweet and Sour Chicken Crispy Steak Lo Mein Noodles Egg Roll Chinese Green Beans Broccoli with Cheese	Hamburger Steak Pork Chopette w/ Gravy Garlic Toast Sweet Potato Variety Fresh Side Salad



**ENJOY A SAFE
FALL BREAK
October 14-18**

The worst enemy to creativity is self-doubt. - Sylvia Plath

**This month's challenge: Express your creativity!
Either photograph or doodle your favorite fall things!**



**Celebrate NSLW
21st-25th**

21 Pillsbury Cini Minis	22 Cheese Omelet & Biscuit	23 Chicken Slider	24 Banana Bread	25 Pancake
Cheeseburger Grilled Chicken Wrap Lettuce, Tomato, Pickles, Onion Baked Beans Fries	Mini Corndogs Philly Steak and Cheese Sub Fresh Side Salad Fries	Chicken Nuggets w/ Hot Roll Ham, Turkey, Bacon, & Cheese Sub Seasoned Potatoes or Parsley Potatoes Bacon Green Beans Local Apples – #TennesseeCrunch	Asian Chicken Beef Dippers Hot Roll Fried Rice Stir Fry Baby Carrots w/ Ranch	Rib Sandwich Chicken Philly Sub Steamed Broccoli Sweet Potato Variety
28 Powder Sugar or Choc. Donuts	29 Breakfast Egg & Cheese Sandwich	30 Breakfast Pizza with Gravy	31 Manager Choice	
Chic-fil-A style Sandwich w/ Cheese Cheese Stuffed Pinwheel Lettuce, Tomato, Pickles Waffle Fries Slaw	Meatloaf Popcorn Chicken Macaroni & Cheese Hot Roll Glazed Carrots Green Beans	Choice Soft Shell Taco Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans	Chicken (2) Pork Tenderloin (1) Biscuits (2) Gravy Tater tots Cherry Tomatoes Mixmi Frozen Yogurt Treat *NEW	