

Weakley County School Nutrition Program




Martin Primary School

September 2019

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”

Menu is subject to change without prior notice.

Cereal & String Cheese	Chef Salad	Ham & Cheese Roll-up	Deli Sandwich	Yogurt & Snack Crackers
Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Pillsbury Cini Minis	4 Chicken Slider	5 Banana Bread	6 Waffles
	Mini Corndogs Cheese Pizza Fresh Side Salad Fries	Chicken Nuggets w/ Hot Roll Deli Sub Cheesy Potatoes Green Beans	Asian Chicken Beef Dippers Hot Roll Fried Rice Stir Fry Carrots w/ Ranch	Sack Lunch Day SOYBEAN FESTIVAL 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 Pancakes
Chic-fil-A style Sandwich Fish Sandwich Cheese Lettuce, Tomato, Pickles Waffle Fries	Chuckwagon Popcorn Chicken Macaroni & Cheese Hot Roll Glazed Carrots Green Beans World Suicide Prevention Day	Quesadilla Soft Shell Taco Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans	Chicken (2) Pork Tenderloin (1) Biscuits Gravy Tater tots Tomatoes	Grilled Cheese Hot Dog Steamed Broccoli and Cheese Baked Potatoes Mixmi Frozen Yogurt Treat *NEW
16 Cocoa Bread	17 Cereal	18 Chicken Biscuit	19 UBR (Oatmeal Breakfast Cookie)	20 Pancake on a Stick
Corndog Cheese Sticks w/ Marinara Carrots w/ Ranch Seasoned Fries	Beef Nachos Crispitos Nacho Cheese Salsa Potato Wedges Broccoli	Cheeseburger Chicken Fajita Lettuce, Tomato, Pickles Fajita Veggies Fries 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 POW/MIA Recognition Day
23 Yogurt & Cereal Bar	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	Poppy Seed Chicken or Country Fried Steak Mexican Cornbread Black-eye Peas Cabbage	Chicken Drumstick Meatloaf Hot Roll Green Beans Mashed Potatoes	Beef Rotini (like Lasagna) Chicken Rings Hot Roll Sweet Potatoes Fries Fresh Side Salad	Pork Chopette w/ Hot Roll Frito Chili Pie Carrots w/Ranch English Peas
30 Cereal	<p>No one can make you feel inferior without your consent. Eleanor Roosevelt</p> <p>This Month's Challenge: Write down 5 things you LOVE about yourself. #selfloveSeptember</p>			
Grilled Chicken w/ Garlic Toast Meatball Sub Cucumbers or Celery w/Ranch Glazed Carrots				