

Weakley County School Nutrition Program: Martin Middle School January 2017 Menu

****Milk choice offered daily**

Monday	Tuesday	Wednesday	Thursday	Friday
		3 Sausage, Egg, Cheese Slider	4 Sausage and Biscuit	5 Oatmeal Bar
		Pollo Loco Chicken with cheese & rice Turkey Sandwich Lettuce, Tomato, Pickles Chips and Salsa and Sour Cream Fiesta Refried Beans Pineapple	Sausage or Chicken Pattie Biscuit Gravy Tater tots Tomato slices Baked Apples	Chili w/crackers or Hot Dog or Chili Dog Steamed Broccoli and Cheese Baked Potatoes w/toppings Tropical Fruit
8 Cereal	9 Sausage and Biscuit	10 Muffin	11 Pillsbury Pancakes	12 Chicken Biscuit
Stuff Crust Cheese Pizza Crispitos w/Nacho cheese Potato Wedges Fresh Broccoli and Ranch Peaches	Pork Chopette Country Fried Steak Hot Roll Gravy Carrots w/dip Corn Mandarin Oranges	Bacon Cheeseburger Popcorn Chicken w/ Hot Roll Lettuce, Tomato, Pickles, Onion Fries Baked Beans Pears	Chicken Quesadilla Traveling Taco California Blend Mexican Beans Salsa Mexican Taco Trimmings Fruit Slushie	Corndog Cheese Sticks with Marinara Celery and Carrots with Ranch Sweet Potato Variety Applesauce
15 No School!!!	16 Sausage and Biscuit	17 Chicken Slider	18 Cereal Bar	19 Cereal
	Poppy Seed Chicken or Frito Chili Pie Mexican Cornbread Black-eye Peas Cabbage Pineapple	Chicken Chips Meatloaf Hot Roll Green Beans Mashed Potatoes and Gravy Tropical Fruit	Savory Pork Roast & gravy Fish Nuggets Hushpuppies Glazed Carrots White Beans Banana	Baked Ham Chicken Rotel Cornbread Sweet Potatoes Broccoli and Cheese Apples
22 Cinnamon Roll	23 Breakfast Pizza	24 Sausage and Biscuit	25 Muffin	26 Cereal
Meatball Sub Cheese or Pepperoni Pizza Broccoli/Cherry Tomato and Dip Pepper Fries Peaches	Chicken Tenders Beef Taco Hot Roll Cheesy Potatoes Green Beans Fruit Cocktail	BBQ Sandwich Crispy Chicken Sandwich Lettuce, Tomato, Pickles, Onion Sweet Potato Variety Baked Beans Tropical Fruit	Mini Corn Dogs Spaghetti w/ Breadstick Corn Carrots w/dip Baked Apples	Turkey/Bologna Sandwiches Lettuce, Tomato, Pickle Tray Chips Leafy Green Side Salad Strawberries
29 Yogurt and Snack Crackers	30 Muffin	31 Sausage and Biscuit	1 Pop tart	2 Pillsbury Mini Cinis
Cheese or Pepperoni Pizza Corn Dog Corn Leafy Green Side Salad w/ Cherry Tomatoes Pears	Turkey Roast Chicken Rings Hot Roll Mashed Potatoes Glazed Carrots Fruit Slushie	Buffalo Chicken Sliders Ham and Cheese Slider Lettuce, Tomato, Pickles Fries Pinto Beans Applesauce	Sweet and Sour Chicken Crispy Steak Lo Mein Noodles Steamed Broccoli Stir Fry Banana	Chicken Alfredo Hamburger Steak Garlic Toast Baked Sweet Potato Green Beans Mandarin Oranges

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race,

color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: program.intake@usda.gov.*

This institution is an equal opportunity provider.