

WELCOME BACK!!

Weakley County School Nutrition Program


Martin Middle School

January 2019 Menu

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”



Monday	Tuesday	Wednesday	Thursday	Friday
7 Granola Bar	8 Waffles	9 Chicken Slider	10 Banana Bread	11 Sausage, Egg, Cheese Slider
Cheeseburger Grilled Chicken Wrap Lettuce, Tomato, Pickles, Onion Baked Beans Tater Tots Applesauce	Deli Sub Philly Steak and Cheese Sub Vegetable Soup Fresh Salad (1 c) Waffle Fries Peaches	Chicken Nuggets w/ Hot Roll Mini Corndogs Mashed Potatoes Bacon Green Beans Fruit Slushie	Asian Chicken w/ Fried Rice Beef Dippers w/Hot Roll Stir Fry Baby Carrots with dip Tropical Fruit	Rib Sandwich Chicken Philly Steamed Broccoli Sweet Potato Variety Apple
14 Donut	15 Breakfast Pizza	16 Sausage and Biscuit	17 Muffin	18 Pillsbury Mini Cinis
Dill Chicken Sandwich Fish Sandwich Cheese Lettuce, Tomato, Pickles Waffle Fries Baked Beans Slaw Mandarin Oranges	Chuckwagon Popcorn Chicken Macaroni and Cheese (side) Hot Roll Glazed Carrots Green Beans Fruit Cocktail	Pollo Loco Chicken with Cheese & Spanish Rice Beef Taco Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans Pineapple	Sausage or Chicken Pattie Biscuit Beef Taco Tater tots Tomato Slices Baked Apples	Grilled Cheese Hot Dog Chili w/ Crackers Steamed Broccoli and Cheese Baked Potatoes w/toppings Pears
21 Martin Luther King, Jr. Day	22 Cereal bar	23 Chicken Slider	24 Yogurt & Granola	25 Cocoa Bread
NO School 	Corndog Cheese Sticks w/ Marinara Carrots w/ Ranch Pepper Fries Tropical Fruit	Bacon Cheeseburger Chicken Fajita Lettuce, Tomato, Pickles, Onion Fajita Veggies Curly Fries Applesauce	Quesadilla Traveling Taco Mexican Beans Spanish Rice Mexican Taco Trimmings & Salsa Peaches	Grilled Chicken Parmesan Fish Nuggets Hushpuppies Glazed Carrots Slaw White Beans Fruit Slushie
28 Pillsbury French Toast	29 Cereal	30 Bacon, Egg, and Cheese Biscuit	31 Cinnamon Pretzel Stick	February 1 UBR
Stuffed Crust Pizza Burrito Corn Fresh Side Salad w/ Cherry Tomato Baked Apples	Poppy Seed Chicken or Country Fried Steak with gravy Mexican Cornbread Black-eye Peas Cabbage Pineapple	Popcorn Chicken Baked Ham Roll Green Beans Mashed Potatoes/ Gravy Pears	Pork Chopette w/ Hot Roll Frito Chili Pie Carrots w/dip English Peas Peach Cups	Lasagna Chicken Rings Roll Sweet Potatoes Pinto Beans Mandarin Oranges