





Weakley County School Nutrition Program

**Martin Elementary School**

**August 2019 Menu**

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5 Bagel with Strawberry Spread</b> “School” Pizza Grilled Cheese <b>3<sup>rd</sup> choice: Cereal &amp; String Cheese</b> Fries Corn Sidekick Slushie Mandarin Oranges  <b>New School Year - New Beginnings</b>	<b>6 Sausage, Egg, &amp; Cheese Slider</b> Fish Nugget Shapes Chicken Rotel <b>3<sup>rd</sup> choice: Yogurt &amp; Crackers</b> Hot Roll Seasoned Potatoes Carrots with Dip Pears Diced Peach Cup	<b>7 Sausage Biscuit or Chicken Slider</b> Grilled Chicken Wrap Hot Dog <b>3<sup>rd</sup> choice: Chef’s Salad</b> Lettuce, Tomato, Pickles Fries Baked Beans Applesauce Cups Tropical Fruit <b>Purple Heart Day</b> 	<b>8 Cinnamon Roll or Donut</b> Sweet and Sour Chicken Crispy Steak <b>3<sup>rd</sup> choice: Pretzel &amp; Cheese Dip</b> Lo Mein Noodles Egg Roll Green Beans Broccoli with Cheese Strawberry Cup Fruit Cocktail	<b>9 Poptarts</b> Hamburger Steak Turkey Roast & Gravy <b>3<sup>rd</sup> choice: Cereal &amp; String Cheese</b> Garlic Toast Sweet Potatoes Fresh Side Salad Applesauce Pineapple Slices <b>Assorted Pudding</b>
<b>12 Pillsbury Pancakes or Waffles</b> Cheeseburger BBQ Chicken Sandwich <b>3<sup>rd</sup> choice: Cereal &amp; String Cheese</b> Lettuce, Tomato, Pickles, Onion Baked Beans Fries Sidekick Slushie Apples	<b>13 Cheese Omelet and Biscuit</b> Mini Corndogs Philly Steak and Cheese Sub <b>3<sup>rd</sup> choice: Yogurt &amp; Crackers</b> Fresh Side Salad Fries Mixed Berries Diced Peach Cup	<b>14 Chicken Slider or Sausage Biscuit</b> Chicken Nuggets w/ Hot Roll Turkey & Cheese Sub <b>3<sup>rd</sup> choice: Fajita Chicken Salad</b> Mashed Potatoes Bacon Green Beans Bananas Pears	<b>15 Banana Bread or Cocoa Bread</b> Asian Chicken w/ Rice Beef Dippers w/ roll <b>3<sup>rd</sup> choice: Pretzel &amp; Cheese Dip</b> Stir Fry Crinkle Cut Carrots w/ Ranch Pineapple Tidbits Applesauce Cups	<b>16 Sausage Links &amp; Cinn. French Toast</b> Rib Sandwich Chicken Philly <b>3<sup>rd</sup> choice: Yogurt &amp; Crackers</b> Steamed Broccoli Sweet Potato Fries Sliced Oranges Tropical Fruit Chocolate Chip Cookie
<b>19 Powdered or Chocolate Donuts</b> Chic-Fil-A style Sandwich Fish Sandwich <b>3<sup>rd</sup> choice: Cereal &amp; String Cheese</b> Cheese Lettuce, Tomato, Pickles Waffle Fries Slaw Sidekick Slushie Apples	<b>20 Breakfast Pizza with Gravy</b> Chuckwagon Popcorn Chicken <b>3<sup>rd</sup> choice: Yogurt &amp; Crackers</b> Macaroni & Cheese Hot Roll Glazed Carrots Green Beans Fruit Cocktail Mandarin Oranges	<b>21 Breakfast Egg &amp; Cheese Sandwich</b> Pollo Loco Chicken with Cheese & Rice Soft Shell Taco <b>3<sup>rd</sup> choice: Popcorn Chicken Salad</b> Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans Diced Peach Cup Pears <b>Senior Citizens Day</b>	<b>22 Frudal or Mini Cini’s</b> Chicken (2) Pork Tenderloin (1) <b>3<sup>rd</sup> choice: Yogurt &amp; Crackers</b> Biscuits (2) Gravy Tater tots Cherry Tomatoes Pineapple Slices Bananas	<b>23 Chicken Bites and Donut Holes</b> Turkey Bacon Club Sandwich Hot Dog <b>3<sup>rd</sup> choice: Cereal &amp; String Cheese</b> Steamed Broccoli and Cheese Baked Potatoes w/ toppings Mixed Berries Applesauce Chocolate Cake
<b>26 Pancake on a Stick</b> Corndog Cheese Sticks w/ Marinara <b>3<sup>rd</sup> choice: Cereal &amp; String Cheese</b> Carrots w/ Ranch Seasoned Fries Sidekick Slushie Mandarin Oranges	<b>27 Yogurt &amp; Graonla</b> Beef Nachos Crisпитos <b>3<sup>rd</sup> choice: Yogurt &amp; Crackers</b> Nacho Cheese Salsa Potato Wedges Fresh Broccoli and Ranch Apples Diced Peach Cup	<b>28 Chicken Biscuit or Sausage Biscuit</b> Bacon Cheeseburger Chicken Fajita <b>3<sup>rd</sup> choice: Chef’s Salad</b> Lettuce, Tomato, Pickles, Onion California Blend Fries Tropical Fruit Pineapple Tidbits Assorted Jello	<b>29 UBR (Oatmeal Breakfast Cookie)</b> Quesadilla Traveling Taco <b>3<sup>rd</sup> choice: Pretzel &amp; Cheese Dip</b> Spanish Rice Mexican Beans Shredded Lettuce & Diced Tomato Salsa & Sour Cream Pears Applesauce Cups	<b>30 NO SCHOOL</b>  Happy Labor Day Weekend

“BIG things often have small beginnings.”

T. E. Lawrence

“Great things are not done by impulse, but by a series of small things brought together.”

Vincent van Gogh

**THIS MONTH’S CHALLENGE:** Get organized. Do your best at every single task, every single day no matter how insignificant it may seem. For this is what is required to fulfill your potential.