



Weakley County School Nutrition Program

Martin Elementary School

January 2020



Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”

Menu is subject to change without prior notice.

This month's challenge:

Start today and write down all the good & defining moments as they occur in your life and put them in a jar. Pull them out and read them whenever you need encouragement.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man. <i>Benjamin Franklin</i></p> 	<p>7 Banana Bread or Cocoa Bread</p> <p>Mini Corndogs Parmesan Chicken w/ Hot Roll 3rd choice: Cereal & String Cheese Baked Potatoes Broccoli & Cheese Mandarin Oranges Strawberry Cups</p>	<p>8 Chicken Slider or Sausage Biscuit</p> <p>Popcorn Chicken w/ Hot Roll BBQ Rib Sandwich 3rd choice: Yogurt & Crackers Mashed Potatoes w/gravy Green Beans Sliced Peaches Applesauce</p>	<p>9 Cheese Omelet and Biscuit</p> <p>Asian Chicken w/ rice Beef Dippers w/ roll 3rd choice: Pepperoni Pizza Lunchable Stir Fry Glazed Carrots Tropical Fruit Peach Cups</p>	<p>10 Sausage Links & Cinnamon French Toast</p> <p>(1) 2 Chicken (2) 2 Sausage (3) 1 Chicken & 1 Sausage (4) Cereal & String Cheese Biscuits (2) & Gravy Tater tots Baby Carrots w/ dip Pineapple and Apples Chocolate Chip Cookies</p>
	<p>13 Chocolate Donuts or Powdered Donuts</p> <p>Chic-Fil-A style Chicken Sandwich Cheese Pinwheel 3rd choice: Cereal & String Cheese Lettuce, Tomato, Pickles Waffle Fries Slaw Sidekick Slushie Mixed Berry Cups</p>	<p>14 Breakfast Pizza with Gravy</p> <p>Turkey Roast & Gravy Crispitos w/ cheese 3rd choice: Yogurt & Crackers Green Peas Fresh Side Salad Pears Peach Cups</p>	<p>15 Breakfast Egg & Cheese Sandwich or Pop tart</p> <p>Pollo Loco Chicken with Cheese & Rice Soft Shell Taco 3rd choice: Ham & Cheese Lunchable Shredded Lettuce & Diced Tomato Guacamole Chips/Salsa/Sour Cream Fiesta Refried Beans Pineapple and Applesauce</p>	<p>16 Frudel or Mini Cinni</p> <p>Buffalo Chicken Drumstick Cheese Sticks w/ Marinara 3rd choice: Turkey and Cheese Rollup Carrots w/ Ranch Seasoned Fries Mandarin Oranges Apples</p>
<p>20 No School</p>	<p>21 Muffin & Yogurt</p>	<p>22 Sausage and Biscuit or Chicken Slider</p>	<p>23 Pop tart (2ct)</p>	<p>24 Bacon, Egg, & Cheese Breakfast Pizza</p>
	<p>Poppy Seed Chicken Country Fried Steak with gravy 3rd choice: Cereal & String Cheese Mexican Cornbread Black-eye Peas Bacon Green Beans Mandarin Oranges Strawberry Cups</p>	<p>Chicken Drumstick Hamburger Steak 3rd choice: Pepperoni Pizza Lunchable Hot Roll Pinto Beans Seasoned Potatoes Sliced Peaches Applesauce</p>	<p>Beef Rotini (like Lasagna) Chicken Rings 3rd choice: Yogurt & Crackers Hot Roll Roasted Butternut Squash Fresh Side Salad Tropical Fruit Peach Cups</p>	<p>Traveling Taco Quesadilla 3rd choice: Turkey Sandwich Spanish Rice Corn and Black Beans Fiesta Shredded Lettuce & Diced Tomato Salsa & Sour Cream Pineapple and Apples Chocolate Cake</p>
<p>27 Cereal Bowl</p> <p>Philly Steak and Cheese Sub Meatball Sub 3rd choice: Cereal & String Cheese Cucumbers and Celery w/Dip Maple Glazed Roasted Sweet Potatoes Sidekick Slushie Pears</p>	<p>28 Chicken Waffle Sandwich</p> <p>Ham and Cheese Slider Fish Wedges w/Hushpuppies 3rd choice: Yogurt & Crackers Seasoned Fries White Beans Bananas Peach Cups</p>	<p>29 Ham and Cheese Breakfast Slider</p> <p>BBQ Nachos Chicken Fajita 3rd choice: Chef's Salad Sidewinders (Fries) Lettuce & Tomato Baked Beans Pineapple Applesauce</p>	<p>30 Dutch Waffle Cakes</p> <p>Mini Corn Dogs Spaghetti w/ Breadstick 3rd choice: Pretzel & Cheese Dip Fresh Side Salad Corn Mandarin Oranges Apples</p>	<p>31 Cheesy Breakfast Toast</p> <p>(1) 2 Chicken (2) 2 Sausage (3) 1 Chicken & 1 Sausage (4) Cereal & String Cheese Biscuit (2) & Gravy Hash Brown Casserole Baby Carrots w/ Dip Fruit Cocktail with Fresh Fruit Mixed Berry Cup Assorted Pudding</p>