



Weakley County School Nutrition Program

Martin Primary

August 2019 Menu

Milk choice & Fruit choice offered daily

“This institution is an equal opportunity provider.”

Menus are 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
5 Bagel with Strawberry Spread	6 Cinnamon Roll	7 Sausage Biscuit	8 Sausage, Egg, & Cheese Slider	9 Pop Tart
Ham and Cheese Sandwich Turkey and Cheese Sandwich Doritos Pork n Beans Baby Carrots and Dip	Chef Salad Deli Wraps Tostitos and Salsa Fresh Broccoli and Dip Cherry Tomatoes and Dip	Chicken Sliders Hot Dog Lettuce, Tomato, Pickles Fries Baked Beans Purple Heart Day	Sweet and Sour Chicken Crispy Steak Lo Mein Noodles Egg Roll Chinese Green Beans Broccoli with Cheese	Hamburger Steak Turkey Tetrzini Garlic Toast Sweet Potato Variety Fresh Side Salad
New School Year – New Beginnings				
12 Waffles	13 Cini Minis	14 Cheese Omelet & Biscuit	15 Banana Bread	16 Chicken & Waffle
Cheeseburger Turkey and Ham Wrap Lettuce, Tomato, Pickles, Onion Baked Beans Fries	Mini Corndogs Philly Steak and Cheese Sub Fresh Side Salad Fries	Chicken Nuggets w/ Hot Roll Deli Sub Seasoned Potatoes Bacon Green Beans	Asian Chicken Beef Dippers Hot Roll Fried Rice Stir Fry Crinkle Cut Carrots w/ Ranch	Rib Sandwich Chicken Philly Steamed Broccoli Sweet Potato tots
19 Powdered Sugar or Chocolate Donuts	20 Breakfast Egg & Cheese Sandwich	21 Breakfast Pizza with Gravy	22 Frudal	23 Chicken Bites and Donut Holes
Chic-Fil-A style Sandwich Fish Sandwich Cheese Lettuce, Tomato, Pickles Waffle Fries	Chuckwagon Popcorn Chicken Macaroni & Cheese Hot Roll Glazed Carrots Green Beans	Pollo Loco Chicken with Cheese & Rice Soft Shell Taco Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans Senior Citizens Day	Chicken Pork Tenderloin Biscuits Gravy Tater tots Cherry Tomatoes	Turkey Club Sandwich with Bacon Hot Dog Steamed Broccoli and Cheese Baked Potatoes
26 Pancake on a Stick	27 Yogurt & Cereal Bar	28 Chicken Slider	29 UBR (Oatmeal Breakfast Cookie)	30 NO SCHOOL Happy Labor Day Weekend
Corndog Cheese Sticks w/ Marinara Carrots w/ Ranch Seasoned Fries	Beef Nachos Crispitos Nacho Cheese Salsa Potato Wedges Fresh Broccoli and Ranch	Bacon Cheeseburger Chicken Fajita Lettuce, Tomato, Pickles, Onion Fajita Veggies/California Blend Fries	Quesadilla Traveling Taco Spanish Rice Mexican Beans Shredded Lettuce & Diced Tomato Salsa & Sour Cream	

“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.