



Weakley County School Nutrition Program

Martin Primary 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.

Cereal & String Cheese	Chef Salad	Ham & Cheese Roll-up	Deli Sandwich	Yogurt & Snack Crackers
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.</p> <p><i>Benjamin Franklin</i></p> 	<p>7 Cinnamon Roll</p> <p>Mini Corndogs Grilled Chicken Variety w/ Hot Roll Baked Potatoes Fresh Broccoli and Ranch Mandarin Oranges Strawberry Cups</p>	<p>8 Chicken Slider</p> <p>Popcorn Chicken w/ Hot Roll Rib Sandwich Mashed Potatoes Green Beans Sliced Peaches Applesauce</p>	<p>9 Banana Bread</p> <p>Asian Chicken Beef Dippers Hot Roll Fried Rice Stir Fry Baby Carrots with dip Tropical Fruit Peach Cups</p>	<p>10 Eggo French Toast</p> <p>Chicken Sausage Biscuits Gravy Tater tots Cherry Tomatoes Pineapple Apples Brownie</p>
	<p>13 Chocolate Donuts</p> <p>Chic-Fil-A style Chicken Sandwich Cheese Pinwheel Lettuce, Tomato, Pickles Sidewinder Fries Tropical Fruit Peach Cups</p>	<p>14 Breakfast Pizza</p> <p>Pork Chopette w/ Hot Roll Crispitos Nacho Cheese Green Peas Fresh Side Salad Pears Bananas</p>	<p>15 Breakfast Egg & Cheese Sandwich</p> <p>Quesadilla Soft Shell Taco Shredded Lettuce & Diced Tomato Chips/Salsa/Sour Cream Fiesta Refried Beans Pineapple Applesauce</p>	<p>16 Frudel</p> <p>Corndog Cheese Sticks w/ Marinara Carrots w/ Ranch Seasoned Fries Mandarin Oranges Apples</p>
<p>20 No School</p>	<p>21 Yogurt & Snack Cracker</p>	<p>22 Sausage and Biscuit</p>	<p>23 Pop tart (2ct)</p>	<p>24 Bacon, Egg, & Cheese Breakfast Pizza</p>
	<p>Poppy Seed Chicken Country Fried Steak with gravy Cornbread Black-eye Peas Green Beans Mandarin Oranges Strawberry Cups</p>	<p>Chicken Drumstick Hamburger Steak Hot Roll Pinto Beans Diced Potatoes Sliced Peaches Applesauce</p>	<p>Beef Rotini (like Lasagna) Chicken Rings Hot Roll Roasted Butternut Squash Fresh Side Salad Tropical Fruit Peach Cups</p>	<p>Beef Nachos Traveling Taco Queso Cheese Spanish Rice Corn and Black Beans Fiesta Shredded Lettuce & Diced Tomato Salsa & Sour Cream Pineapple & Apples Jello</p>
<p>27 Cereal Bowl</p> <p>Philly Steak and Cheese Sub Meatball Sub Cucumbers and Celery w/Dip Maple Glazed Roasted Sweet Potatoes Tropical Fruit Mixed Berry Cups</p>	<p>28 Pillsbury Waffle</p> <p>Ham and Cheese Slider Fish Wedges w/Hushpuppies Seasoned Fries White Beans Pears Peach Cups</p>	<p>29 Ham and Cheese Breakfast Slider</p> <p>BBQ Nachos Chicken Sandwich Lettuce, Tomato, Pickles Sidewinder Fries Baked Beans Pineapple Applesauce</p>	<p>30 Dutch Waffle Cakes</p> <p>Mini Corn Dogs Spaghetti w/ Breadstick Fresh Side Salad Corn Mandarin Oranges Apples</p>	<p>31 Breakfast Variety</p> <p>Chicken Sausage Biscuit Gravy Hash Brown Casserole Baby Carrots w/ Dip Fruit Cocktail with Fresh Fruit & Whipped Topping</p>

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