

# WEAKLEY COUNTY SCHOOL FOOD SERVICE

## LUNCH MENU

meat/meat k-3 1 1/2oz  
4-12 2 oz.  
fruit/veg 1/2 to 3/4 c  
grain/bread 1 serving  
milk 8 oz. (Milk offered daily)

### Martin Middle School March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Rounds or 1 Chicken Fajita Whole Kernel Corn Tossed Salad Applesauce	Beef Spanish Rice /Roll 2 or Ham & Cheese Rollup Mixed Vegetables Celery sticks /dip Peach Cups	Burrito or 3 Hot Pocket French Fries Pinto Beans Fruit Cocktail or <b>Chef Salad</b>	Chicken Fries/Roll 4 Hamburger St. Gravy / Roll Parsley Potatoes Green Peas Pears	P B & J or 5 Turkey Sandwich Baked Chips Veggies / dip Dill Spears Tangerines Cookie
Chicken Nuggets/Roll 8 or Pork Chop / Roll Cream Potatoes Green Beans Fruit Cocktail	Frito Chili Pie or 9 Fish Sandwich Coleslaw Mexican beans Pineapple	Crispy Steak on Bun or 10 Oven Fried Chicken/ Roll Cheesy Potatoes Glazed Carrots Apples	Hamburger or 11 Stromboli Pepper Fries Hot Pork & Beans Lettuce/ Tomato Peaches	Spaghetti /garlic toast 12 or Mini Corn- Dogs Tossed Salad Corn on cob Pears
Pizza Sticks 15 Pizza Sauce or Ham Sandwich Ravioli Pinto Beans Applesauce	Macho Nachos or 16 Cheeseburger Potato wedges Pickle Spears Lettuce/Tomato Fruit Salad	Mac & Cheese w/ham or 17 Turkey Hoagie Green Beans Baby Carrots /dip Bananas or <b>Chef Salad</b>	Lemon Pepper 18 Chicken Fillet /Roll or Grilled Cheese Sand. Whole Kernel Corn Broccoli Rice Casserole Peach Cup	BBQ Sandwich or 19 Hot Dog Baked Beans Tator Tots Slaw Fruit Cocktail
St Cr. Pizza or 22 Corn Dog French Fries Fresh veggie tray Tropical Apples	Chicken Tetrazini /Roll 23 Or Hot Ham & Cheese Sand Black-eyed Peas Whole Kernel Corn Pears	Beef &Macaroni 24 or Tuna Sandwich Dill Spears Tossed Salad Peach Slices or <b>Chef Salad</b>	Chicken Littles or 25 Turkey Roast Sandwich Green Beans Carrot sticks /dip Fruit Cocktail	Lasagna/Breadsticks or 26 Sub Sandwich on Hoagie Tossed Salad Cheddar Rounds Applesauce
Taco or 29 Grilled Cheese Lettuce/ Tomato Chips and Salsa Mexican Beans Pears	Hamburger Steak and 30 Gravy/Rolls or Grilled Chicken Sandwich Cream Potatoes Green Beans Peach Slices	Chicken Quesadilla or 31 Rib Sandwich Potato wedges Tossed Salad Oranges		

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