


Martin County Schools

September 2021

Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2	Friday, September 3
Monday, September 6 Labor Day Holiday 	Tuesday, September 7 French Toast Stick Cheese Sticks w/Marinara Sauce BBQ on Bun Steamed Cabbage Seasoned Vegetables Pineapple Tidbits Pears	Wednesday, September 8 Pop Tart Hot Dog on Bun Popcorn Chicken Baked French Fries Baked Beans Mixed Fruit Peaches	Thursday, September 9 Sausage Biscuit Baked Spaghetti w/Roll Chicken Fajita Wrap w/Salsa Green Beans Garden Salad Banana Applesauce	Friday, September 10 Eggs, Grits, & Toast Baked Chicken Nuggets Teriyaki Beef Dippers w/ Brown Rice Corn Mixed Vegetables Peaches Orange Wedge
Monday, September 13 Cinnamon Roll Chicken Nuggets Mac & Cheese w/ Ham Broccoli Baked French Fries Fresh Apple Mixed Fruit	Tuesday, September 14 Super Donut Chicken Pastry Pork Chop on Bun Black-eyed Peas Mixed Vegetables Oranges Pineapple	Wednesday, September 15 Pancakes Fish on Bun BBQ on Bun Stewed Potatoes Cole Slaw Pears Applesauce	Thursday, September 16 Pop Tart Spaghetti w/ Roll Soft Taco w/ Filling and Salsa Corn Tossed Salad Peaches Fresh Apple	Friday, September 17 Breakfast Pizza Baked Chicken Nugget Rib Que on Bun Corn Collards Mixed Fruit Apple Sauce
Monday, September 20 Breakfast Pizza Pepperoni Pizza Chicken Filet Sandwich Broccoli w/Cheese Tossed Salad Applesauce Pineapple Tidbits	Tuesday, September 21 French Toast Sticks Cheeseburger on Bun BBQ Chicken w/ Roll Mashed Potatoes Broccoli w/ Cheese Pears Pineapple Tidbits	Wednesday, September 22 Pancakes Stir Fry Chicken Hot Ham & Cheese Sandwich Herb Roasted Potatoes Broccoli w/ Cheese Pears Pineapple Tidbits	Thursday, September 23 Sausage Biscuit Turkey in Gravy w/ Roll Popcorn Chicken Green Beans Candied Yams Fruit Mix Banana	Friday, September 24 Strawberry Cereal Bar Scoop in Tacos Turkey & Cheese on Bun Quick Baked Potato Steamed Broccoli Fresh Apples Peaches
Monday, September 27 Breakfast Pizza Pepperoni Pizza Chicken Filet Sandwich Broccoli w/ Cheese Pinto Beans Pineapple Applesauce	Tuesday, September 28 Cinnamon Bun Chicken Nuggets Mac & Cheese w/ Ham Broccoli Baked French Fries Fresh Apple Peaches	Wednesday, September 29 Pancakes Hot Dog on Bun Cheeseburger on Bun Baked French Fries Baked Beans Pears Applesauce	Thursday, September 30 Dunkin Stick Sloppy Joe Chicken Fajita Wrap w/Salsa Tossed Salad Corn Orange Mixed Fruit	

Assorted Cereals, juices, and a choice of 1% or Skim Milk are served daily with Breakfast.

Assorted Fresh Fruits are served 2 times a week with Lunch. Whole Wheat Rolls, and 1% or Skim Milk are offered daily.

Students are required to take 3 out of 5 items to make a reimbursable lunch. 1 of those items must be a fruit or vegetable. Milk is not a required item.

Chef Salad Served Daily

Baked Potato Served Monday & Friday

Grab Bags Served Daily Yogurt

String Cheese- Milk

Pre-Packaged (Fruit or Vegetable)

Breakfast and Lunch meals for the school year will be served at no cost to all Martin County School Students.

Prepay: Students may use their prepay balances to pay for a la carte items or for a second meal.

USDA is an equal opportunity provider and employer.