

Martin County Elementary School Breakfast/Lunch Menus - 2009 & 2010

LUNCH WEEK A		Student Selects One Entrée	Meal Pricing: \$1.75 (full pay) \$0.40 (reduced pay)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Cheesy Pizza Wedge (or) Charbroiled Beef Patty on a WG Roll	Baked Breaded Chicken Sandwich on a WG Roll (or) Junior Specialty Salad w/ a WG Dinner Roll <i>A vegetarian double cheese salad is available upon request</i>	Brunch for Lunch (WG pancakes, turkey sausage) (or) WG Chicken Corn-Dog	South of the Border Mexican Nachos (or) Toasted Cheese Sandwich
CHOICE OF TWO: Steamed Broccoli Chilled Fruit Cup 100% Fruit Juice	CHOICE OF TWO: Crisp Cucumber Coins Crunchy Garden Salad Chilled Fruit	CHOICE OF TWO: Baked Hash-Brown Triangles Seasonal Fresh Fruit 100% Fruit Juice	CHOICE OF TWO: Steamed Whole Kernel Corn Shredded Lettuce/Tomato Chilled Fruit
Plus: Choice of Milk	Plus: Choice of Milk WG Dinner Roll	Plus: Choice of Milk WG Dinner Roll	Plus: Choice of Milk WG Dinner Roll
FRIDAY			FRIDAY
			Baked Chicken Nuggets (or) Fruit, Cheese & Low-Fat Yogurt Munchables
			CHOICE OF TWO: Creamy Mashed Potatoes Seasonal Fresh Fruit 100% Fruit Juice
			Plus: Choice of Milk WG Dinner Roll

LUNCH WEEK B		Student Selects One Entrée	Meal Pricing: \$1.75 (full pay) \$0.40 (reduced pay)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Cheesy Pizza Wedge (or) Ranch Turkey & Cheese Deli Wrap	Pasta & Meat-Sauce (or) Turkey Hot Dog on a WG Bun	Honey BBQ Beef Strips w/ Yellow Rice (or) Peanut-Butter & Jelly Munchable	Home-Style Macaroni & Cheese (or) BBQ Pork on a WG Roll
CHOICE OF TWO: Steamed Whole Kernel Corn Chilled Fruit 100% Fruit Juice	CHOICE OF TWO: Steamed Broccoli Crunchy Garden Salad Chilled Fruit	CHOICE OF TWO: Fresh Baby Carrots Crisp Apple Wedges 100% Fruit Juice	CHOICE OF TWO: Steamed Green Peas Crunchy Garden Salad Chilled Fruit
Plus: Choice of Milk	Plus: Choice of Milk WW Bread-Strick	Plus: Choice of Milk	Plus: Choice of Milk WG Dinner Roll
FRIDAY			FRIDAY
			Fresh Deli Triangles (or) Mini Turkey Corn-Dogs
			CHOICE OF TWO: Steamed Green Beans Chilled Fruit 100% Fruit Juice
			Plus: Choice of Milk WG Dinner Roll

Each lunch includes two fruit/vegetable servings. 🍎 Indicates the entrée contains 1-2 fruit/vegetable servings.

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
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DECEMBER	JANUARY	FEBRUARY	MARCH
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APRIL	MAY	JUNE	
S M T W T F S	S M T W T F S	S M T W T F S	
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Lunch Facts

- A PB&J sandwich is available daily as a vegetarian choice.
- Three or more fruit/vegetable varieties are offered each day.
- Fat-Free & 1% Milk is offered daily.
- White, Chocolate & Strawberry.
- 100% Fruit Juice is available on Mondays, Wednesdays & Fridays.
- WG = Whole Grain.
- WW = Whole Wheat.
- All products are Baked in speciality ovens to perfection. Nothing is fried.
- **Early Release Menu Includes:**
Brunch for Lunch (OR) Peanut-Butter & Jelly Grahamwich - Baked Hash-brown Triangles, Chilled Fruit, 100% Fruit Juice, and a variety of ice-cold milk.



There is no meal charging in the cafeteria.
You may view your child's meal choices and pre-pay online @ www.mealpayplus.com.

BREAKFAST		Meal Pricing: \$1.50 (full pay) \$0.30 (reduced pay)
MONDAY	TUESDAY	WEDNESDAY
Chewy Cinnamon Granola Round (or) Reduced-Sugar Cereal & WW Toast	Warm Fluffy Pancakes (or) Reduced-Sugar Cereal & Goldfish® Grahams	Jennie-o® Turkey Sausage & Biscuit (or) Reduced-Sugar Cereal & WW Toast
Choice of Milk 100% Fruit Juice	Choice of Milk 100% Fruit Juice	Choice of Milk Fresh Fruit
THURSDAY	FRIDAY	FRIDAY
Eggo® Cinnamon Waffles (or) Reduced-Sugar Cereal & Goldfish® Grahams	Breakfast Square (or) Reduced-Sugar Cereal & WW Toast	Choice of Milk Chilled Fruit

Still hungry? An additional lunch may be purchased for \$2.75 (Federal Reimbursement does not cover second meals).