

Martin County Schools: January 2023

Students are required to take a fruit or vegetable with every meal. Students are offered a choice of fat free chocolate and 1 % milk with every meal but are not required to take milk.

At breakfast, students are offered a choice of a fruit and 100% juice daily.

On Thursdays and Fridays, baby carrots are also offered at lunch.

****DUE to the supply chain shortages stemming from the pandemic, items on the menu are subject to change without notice****

School Nutrition Facts of the Month

Students have the opportunity to take two fruits, two vegetables, milk and an entrée during lunch every day!

Students have the opportunity to take milk, fruit juice, fruit, and the breakfast entrée each day. Students can have all 4 items!

The USDA is an Equal Opportunity Employer

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
Christmas Break	Manager's Choice	Fresh Apple, Cereal Cheese Sticks w/ Marinara Carolina BBQ on Bun Candied Sweet Potatoes Green Beans Fresh Apples Fruit Cup	Assorted Fruit Cup, Dunkin Sticks Southern Style Chicken & Pastry Classic Sloppy Joe Tossed Salad Lima Beans Pineapple Tidbits Diced Pears	Fresh Apple, Breakfast Pizza Cheeseburger Hotdog with Chili French Fries Baked Beans Fresh Orange Diced Peaches
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
Apple Sauce, Supper Doughnut Hamburger Steak w/Gravy & Roll Chicken Club Salad Mashed Potatoes Sweet Peas Apple Sauce Fresh Orange	Orange, Pancakes Chili Con Carne & Tortilla Chips Popcorn Chicken w/ Breadstick Sweet Corn Steamed Broccoli Mixed Fruit Fresh Orange	Fresh Apple, Breakfast Pizza Chick Filet on Bun Baked Mini Corn Dogs French Fries Baked Beans Diced Pears Fruit Cup	Assorted Fruit Cup, Apple Strudel Beef Nachos w/ Cheese Chicken Fajita Power Bowl Black Beans w/ Corn and Salsa Sweet Potato Fries Mixed Fruit Fresh Apple	Fresh Apple, Chicken Biscuit Chicken Tenders Grilled Ham and Cheese Green Beans Mashed Potatoes Pineapple Tidbits Diced Peaches
Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
Martin Luther King Jr. Day	Orange, Pop Tart BBQ Chicken Strips w/ Roll Grilled Cheese Sandwich Candied Sweet Potatoes Sweet Corn Apple Crisp Pineapple Tidbits	Fresh Apple, Cinnamon Roll Pepperoni Pizza Chick Filet on Bun Potato Wedges Sweet Peas Pineapple Tidbits Diced Peaches	Assorted Fruit Cup, French Toast Sticks Beef Vegetable Soup & Grilled Cheese Turkey and Cheese Melt Steamed Broccoli Baby Carrots w/ Dip Fresh Apple Mixed Fruit	Fresh Apple, Chicken Biscuit Chicken Fajita Burrito Cheese Burgers Green Beans Glazed Carrots Apple Sauce Diced Pears
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
No School For Students	Orange, Muffin Chicken Tortilla Soup & Tortilla Chips Popcorn Chicken w/ Roll Sweet Corn Mashed Potatoes Mixed Fruit Spiced Apples	Fresh Apple, Cereal Cheese Sticks w/ Marinara Carolina BBQ on Bun Candied Sweet Potatoes Green Beans Fresh Apples Fruit Cup	Assorted Fruit Cup, Dunkin Sticks Southern Style Chicken & Pastry Classic Sloppy Joe Tossed Salad Lima Beans Pineapple Tidbits Diced Pears	Fresh Apple, Breakfast Pizza Cheeseburger Hotdog with Chili French Fries Baked Beans Fresh Orange Diced Peaches
Monday, January 30	Tuesday, January 31			
Apple Sauce, Supper Doughnut Hamburger Steak w/Gravy & Roll Chicken Club Salad Mashed Potatoes Sweet Peas Apple Sauce Fresh Orange	Orange, Pancakes Chili Con Carne & Tortilla Chips Popcorn Chicken w/ Breadstick Sweet Corn Steamed Broccoli Mixed Fruit Fresh Orange			

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