

Martin County Schools: February 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

		Wednesday, February 1	Thursday, February 2	Friday, February 3
		Fresh Apple, Breakfast Pizza	Assorted Fruit Cup, Apple Strudel	Fresh Apple, Chicken Biscuit
		Chick Filet on Bun Baked Mini Corn Dogs French Fries Baked Beans Diced Pears Fruit Cup	Beef Nachos w/ Cheese Chicken Fajita Power Bowl Black Beans w/ Corn and Salsa Sweet Potato Fries Mixed Fruit Fresh Apple	Chicken Tenders Grilled Ham and Cheese Green Beans Mashed Potatoes Pineapple Tidbits Diced Peaches
Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
Apple Sauce, Sausage Biscuit	Orange, Pop Tart	Fresh Apple, Cinnamon Roll	Assorted Fruit Cup, French Toast Sticks	Fresh Apple, Chicken Biscuit
Carnitas Nachos Chicken Club Salad Lettuce and Tomato Cups Ranchero Pinto Beans Fresh Orange Diced Peaches	Bone-In BBQ Chicken w/ Roll Grilled Cheese Sandwich Candied Sweet Potatoes Sweet Corn Apple Crisp Pineapple Tidbits	Pepperoni Pizza Chick Filet on Bun Potato Wedges Sweet Peas Pineapple Tidbits Diced Peaches	Beef Vegetable Soup & Grilled Cheese Turkey and Cheese Melt Steamed Broccoli Baby Carrots w/ Dip Fresh Apple Mixed Fruit	Chicken Fajita Burrito Cheese Burgers Green Beans Glazed Carrots Apple Sauce Diced Pears
Monday, February 13	Tuesday, February 14	Wednesday, February 15	Thursday, February 16	Friday, February 17
Apple Sauce, Sausage Biscuit	Orange, Banana Bread	Fresh Apple, Raisins, Cereal	Assorted Fruit Cup, Dunkin Sticks	Fresh Apple, Breakfast Pizza
Chicken Chunks w/ Roll Breaded Fish Sticks w/ Roll Collards Sweet Potato Fries Peach Crisp Mixed Fruit	Chicken Tortilla Soup & Tortilla Chips Popcorn Chicken w/ Roll Sweet Corn Mashed Potatoes Mixed Fruit Spiced Apples	Cheese Sticks w/ Marinara Carolina BBQ on Bun Candied Sweet Potatoes Green Beans Fresh Apples Fruit Cup	Southern Style Chicken & Pastry Classic Sloppy Joe Tossed Salad Lima Beans Pineapple Tidbits Diced Pears	Cheeseburger Hotdog with Chili French Fries Baked Beans Fresh Orange Diced Peaches
Monday, February 20	Tuesday, February 21	Wednesday, February 22	Thursday, February 23	Friday, February 24
Apple Sauce, Super Doughnut	Orange, Dutch Waffle	Fresh Apple, Breakfast Pizza	Assorted Fruit Cup, Apple Strudel	Fresh Apple, Chicken Biscuit
Hamburger Steak w/Gravy & Roll Chicken Club Salad Mashed Potatoes Sweet Peas Apple Sauce Fresh Orange	Chili Con Carne & Tortilla Chips Popcorn Chicken w/ Breadstick Sweet Corn Steamed Broccoli Mixed Fruit Fresh Orange	Chick Filet on Bun Baked Mini Corn Dogs French Fries Baked Beans Diced Pears Fruit Cup	Beef Nachos w/ Cheese Chicken Fajita Power Bowl Black Beans w/ Corn and Salsa Sweet Potato Fries Mixed Fruit Fresh Apple	Chicken Tenders Grilled Ham and Cheese Green Beans Mashed Potatoes Pineapple Tidbits Diced Peaches
Monday, February 27	Tuesday, February 28			
Apple Sauce, Sausage Biscuit Carnitas Nachos Chicken Club Salad Lettuce and Tomato Cups Ranchero Pinto Beans Fresh Orange Diced Peaches	Orange, Pop Tart BBQ Chicken Strips w/ Roll Grilled Cheese Sandwich Candied Sweet Potatoes Sweet Corn Apple Crisp Pineapple Tidbits			

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