

Assorted Fresh Fruits are served 2 times a week w/ 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. Students are not required to take milk.

USDA is an equal opportunity provider and employer.

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

Schools sending meals to the classroom will serve one entrée. These items will be indicated by a (*) beside those items.

Martin County Schools: January 2022

Monday, January 3	Tuesday, January 4	Wednesday, January 5	Thursday, January 6	Friday, January 7
Christmas Break	Managers Choice	Managers Choice	Bananas, Dunking Sticks *Spaghetti w/Breadsticks Chicken Fajita Steamed Broccoli Black Beans Pineapple Tidbits Pear halves	Apple , French Toast *Cheese Burger Hot Dog w/ Chili French Fries Glazed Carrots Mixed Fruit Orange
Monday, January 10	Tuesday, January 11	Wednesday, January 12	Thursday, January 13	Friday, January 14
Apple Sauce, Pop Tart *Chicken Nuggets w/ roll Teriyaki Beef dipper w/ Brown Rice Mixed Vegetables Carrots with Ranch Dip Mandarin Oranges Mixed Fruit	Orange, Super Doughnut Beef Vegetable Soup w/ Grilled Cheese *Turkey and Cheese on Bun Sweet Corn Sliced Peaches Pears Halves	Pears, Cinnamon Roll *Pepperoni Pizza Chick Filet on Bun Potato Wedges Baked Beans Mixed Fruit Apple	Bananas, Breakfast Pizza *Beef-a-Roni w/Breadsticks Smoked Sausage Dog Steamed Broccoli Pinto Beans Fresh Banana Apple Sauce	Teacher Workday
Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21
Martin Luther King Jr. Day	Teacher Workday	Pears, Assorted Cereal *Cheese Sticks w/ Marinara BBQ on Bun Sweet Potato Soufflé Steamed Cabbage Fresh Apples Pineapple Tidbits	Bananas, Blueberry Muffin *Chicken Pastry Pork Chop on Bun Green Beans Corn on the cob Fresh Apple Slices Pear Halves	Apple, Super Doughnut *Chicken Tenders w/ Roll Rib-a-Que sandwich Collards Mashed Potatoes Sliced Peaches Banana
Monday, January 24	Tuesday, January 25	Wednesday, January 26	Thursday, January 27	Friday, January 28
Apple Sauce, Pancake pup Chicken Stir-Fry w/ Brown Rice *Grilled Cheese Broccoli w/Cheese Sauce Glazed Carrots Fresh Apple Pears Halves	Orange, Pop Tart BBQ Chicken w/ Roll *Smoked Sausage Dog Herb Roasted Potatoes Sweet Corn Mandarin Oranges Pineapple Tidbits	Pears, Cinnamon Roll *Beef Nachos w/ Cheese Turkey and Cheese on Bun Baked Potato Green Beans Pineapple Tidbits Sliced Peaches	Bananas, French Toast *Hamburger Steak w/Gravy & Roll Fish Filet on Bun Mashed Potatoes Sweet Peas Tropical Fruit Mix Pear Halves	Apple, Assorted Cereal *Pepperoni Pizza Chick Filet on Bun Potato Wedges Pinto Beans Banana Sliced Peaches
Monday, January 31				
Apple Sauce, Sausage Biscuit Smoked Sausage Dog *Popcorn Chicken w/ Roll French Fries Steamed Broccoli Mixed Fruit Peach Cobbler				

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Developed by School Nutrition Services, Martin County Department of Education
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<http://childnutrition.ncpublicschools.gov/>