



OCTOBER | 2018

Maury City Elementary Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Mini French Toast Lunch Chicken Nuggets Chef Salad Mashed Potatoes English Peas WG Roll	2 Breakfast Yogurt + Cinnamon Toast Crisps Lunch Orange Chicken w/ Rice Yogurt/Muffin/String Cheese Oriental Veggies Asian Slaw	3 Breakfast Sausage Pancake on a Stick Lunch Beef & Cheese Nachos Cheese Quesadilla Whole Kernel Corn Refried Beans Salsa	4 Breakfast Funnel Cake Waffle Lunch Mini Corn Dogs Hot Ham & Cheese Romaine Salad + Tomato Green Beans	5 Breakfast Mini Chocolate Donuts ½ Day LUNCH WILL NOT BE SERVED
8 NO SCHOOL Fall Break	9 NO SCHOOL Fall Break	10 NO SCHOOL Fall Break	11 NO SCHOOL Fall Break	12 NO SCHOOL Fall Break
15 Breakfast Chocolate Crescent Lunch Popcorn Chicken Pizza Munchable Baked Potato Tossed Salad w/ Tomato WG Roll	16 Breakfast Mini Pancakes Lunch BBQ Sandwich Cheeseburger + Trimmings Baked Beans Glazed Carrots	17 Breakfast Ham & Cheese Croissant Lunch Sausage & Biscuit Chicken & Waffles Star Potatoes Veggie Cup	18 Breakfast Donut Holes Lunch Spaghetti w/ Breadstick Very Veggie Salad Green Beans Coleslaw	19 Breakfast Eggs & Biscuit Lunch Cheese Bosco Stick w/ Marinara Corndog Broccoli w/ Dip Waffle Fries
22 Breakfast Cinni Minis Lunch Chicken Tenders Turkey & Cheese Sub Mashed Potatoes Glazed Carrots WG Roll	23 Breakfast Mini Waffles Lunch Cheese Bosco Stick Mini Corn Dogs Broccoli & Cheese Veggie Cup	24 Breakfast Breakfast Pizza Lunch Frito Chilli Pie Mozzarella Cheesesticks w/ Marinara Green Beans Potato Wedges	25 Breakfast Mini Powdered Donuts Lunch Lunch Cheeseburger + Trimmings Hot Dog French Fries Baked Beans	26 Breakfast Belgian Waffle Lunch Pepperoni Pizza Ham & Cheese Sandwich on Pretzel Bun Tossed Salad w/ Tomato Corn on the Cob
29 Breakfast Muffin Lunch Boom Boom Chicken Sandwich Club Sandwich French Fries Veggie Cup	30 Breakfast PBJ Graham Lunch Chicken Tacos Mexican Pizza Lettuce/Tomato/Salsa Pinto Beans	31 Breakfast Mini Pancake Wraps Lunch Vegetable Beef Soup w/ Cheese Toast Hot Dog Green Beans Oven Baked Okra		

News

October 8-12: Fall Break

October 18: Grandparent's Lunch

Grab & Go Options will be offered weekly as follows and will include a fruit or vegetable, baked chips/goldfish & variety of milks:

Monday-Turkey & Cheese Sub Sandwich

Tuesday- Ham & Cheese Wrap

Wednesday- PB & J Sandwich

Thursday- Bologna & Cheese Sandwich

Friday- Deli Sandwich

**Fruit Choices are offered daily at breakfast and lunch.

***Milk Choices offered daily with breakfast and lunch include: Fat Free Strawberry, Fat Free Chocolate or 1% White Milk.

For more information contact:
 Whitney Thornton, RD
 Director of School Nutrition
 102 N. Cavalier Dr.
 Alamo, TN 38001
 731-696-2116

whitney.thornton@rockettschools.net

This institution is an equal opportunity provider.