

OCTOBER | 2019

Maryville Junior High School









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Tacos, Soft Shell Rice, Refried Beans Lettuce, Tomato, Cheese	2 Chicken Filet or Rib WG Bun Carrots, Potato Wedges	3 Mini Corndog Nachos & Cheese Broccoli	4 Wild Mike's Cheese Bites Marinara Sauce Green Beans
7 	8 	9 Fall Break	10 	11 
14 	15 	16 Chicken Filet or Rib WG Bun Carrots, Potato Wedges	17 Mini Corndog Nachos & Cheese Broccoli	18 Orange Chicken Fried Rice Egg Roll Stir Fry Veggies
21 Chicken Nuggets Macaroni & Cheese Broccoli	22 Steak & Gravy Mashed Potatoes Peas, Rolls	23 Chicken Filet WG Bun Baked Beans California Blend	24 Quesadilla Refried Beans, Salsa, Corn Shredded Lettuce	25 Hamburger or Spicy Chicken WG Bun Fries, Carrots
28 Chicken & Waffles Corn Carrot Sticks	29 Chili or Corndog Tater Tots Fritos, Crackers	30 Teriyaki Chicken Rice, Oriental Blend Peppers & Onions	31 Mini Corndogs Nachos & Cheese Broccoli	1

News

Offered Daily with All Meals:
Veggie Bar, Fresh and Canned Fruit

Mayfield Milk Choices:
Skim, 1%, NF Chocolate, Vanilla, & Strawberry

2nd meal option: Fresh Made! Fresh Baked! Smart Mouth Pizza. Everyday!

3rd meal option:
PBJ Uncrustable grab & go

Breakfast:

Monday: Muffins

Tuesday: Cinny Minny's

Wednesday: Glazed Donut

Thursday: Pancakes

Friday: Egg Omelet

Offered Daily with All Meals:
Cereal,
Fruit & 100% Fruit Juice –
Must Choose One
Milk

9:35 Break Wed & Thurs

Choice of: Biscuits

Sausage Biscuits

Chicken Sliders

"This institution is an equal opportunity provider"