

OCTOBER | 2019

MAYS COMMUNITY ACADEMY SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Pancakes/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Chicken Pattie on a Bun Must/Ket/BBQ/Ranch/Mayo/Pickles French Fries Baked Beans Choice of Fruits/Juices Choice of Milks</p>	<p>1 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Taco Meat/Lettuce/Salsa Queso/Nacho Chips/Taco Sauce Sour Cream/Shredded Cheese Buttered Corn Choice of Fruits Choice of Milks</p>	<p>2 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks Meatloaf Mashed Potatoes Broccoli w/ Cheese Sauce Yeast Rolls/Butter/Jelly Choice of Fruits/Juices Choice of Milks</p>	<p>3 French Toast/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Spaghetti w/ Meat Sauce Tossed Salad w/ Dressings Carrots/Ranch Garlic Bread Choice of Fruits/Juices Choice of Milks</p>	<p>4 Whole Grain Cinnamon Bun Choice of Fruits/Juices Choice of Milks Taco Pizza Wedges/Salsa Queso/Nacho Chips/Sour Cream California Blend w/ Cheese Sauce Iced Grams Choice of Fruits/Juices Choice of Milks</p>
<p>7 Pancakes/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Steak Nuggets French Fries/Ketchup Baked Beans Chocolate Grams Choice of Fruits/Juices Choice of Milks</p>	<p>8 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Chicken Fajita Wraps/Lettuce/Salsa Shredded Cheese/Chips/Queso Taco Sauce/Sour Cream Buttered Corn Choice of Fruits Choice of Milks</p>	<p>9 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks Corn Dogs/Ketchup/Mustard Tator Wedges Broccoli w/ Cheese Sauce Choice of Fruits/Juices Choice of Milks</p>	<p>10 French Toast/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Chicken and Noodles Mashed Potatoes California Blend w/ Cheese Sauce Yeast Rolls/Butter/Jelly Choice of Fruits/Juices Choice of Milks</p>	<p>11 Cinnamon Roll/Yogurt Choice of Fruits/Juices Choice of Milks Cheese Pizza or Pepperoni Pizza Tossed Salad w/ Dressings Carrots/Ranch Choice of Fruits/Juices Choice of Milks</p>
<p>14 Pancakes/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Ravioli Green Beans Warm Bosco Stick w/ Parm Cheese Marinara Sauce Dip/Queso Choice of Fruits/Juices Choice of Milks</p>	<p>15 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Taco Meat/Lettuce/Salsa Queso/Nacho Chips/Taco Sauce Sour Cream/Shredded Cheese Buttered Corn Choice of Fruits Choice of Milks</p>	<p>16 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks General Tso's Chicken/Sauces Mashed Potatoes/Fried Rice Broccoli w/ Cheese Sauce Roll/Butter/Jelly/Fortune Cookies Choice of Fruits/Juices Choice of Milks</p>	<p>17 French Toast/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Sloppy Joe on a Bun French Fries/Ketchup California Blend w/ Cheese Sauce Chocolate Chip Cookie Choice of Fruits/Juices Choice of Milks</p>	<p>18 Whole Grain Cinnamon Bun Choice of Fruits/Juices Choice of Milks Hot Dog on a Bun/Mustard/Ketchup Coney Sauce/Shred Cheese/Relish Tator Tots Baked Beans Choice of Fruits/Juices Choice of Milks</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>28 Pancakes/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Tenderloin on a Bun Must/Ket/Mayo/Pickles French Fries Baked Beans Choice of Fruits/Juices Choice of Milks</p>	<p>29 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Chicken Fajita Wraps/Lettuce/Salsa Shredded Cheese/Chips/Queso Taco Sauce/Sour Cream Buttered Corn Choice of Fruits Choice of Milks</p>	<p>30 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks Chicken Fried Steak Macaroni and Cheese Broccoli Salad Buttered Green Peas Choice of Fruits/Juices Choice of Milks</p>	<p>31 French Toast/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Chili/Crackers/Shredded Cheese Grilled Cheese Carrots/Ranch Dip Ice Cream Choice of Fruits/Juices Choice of Milks</p>	<p>1</p>

HAVE A FUN AND SAFE FALL BREAK!!

BREAKFAST:

Served in cafeteria at 7:45 am until 8:15 am

A student may choose a cheese stick, pop tart, cereal, cereal bar, or an uncrustable in place of the hot entrée for breakfast and students will eat in the cafeteria.

We also offer a grab 'n go breakfast; a student may choose items and place in a ziplock bag. Students must choose 3 items and one item must be a fruit or juice to complete the meal.

Then students may go to their classroom to eat.

LUNCH:

A student may choose an uncrustable and cheese stick or a lunchable in place of hot entrée for lunch and then the student may choose vegetable, fruit, and milk. (a student must take at least 1 veggie and/or fruit with choice to make a complete meal).

To order to go lunches: for \$5.50 or to join us for lunch at school for \$3.65 please call 765-645-5577 by 9:00 am.

Adult Breakfast: \$2.15

Adult Lunch: \$3.65

Child Breakfast: \$1.45

Child Lunch: \$2.90

Fresh fruit and snacks served daily.

Milk (white, chocolate, strawberry) & water are offered with