

OCTOBER | 2023

MAYS COMMUNITY ACADEMY SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks Chicken Pattie/Bun/Pickles/BBQ Must/Ket/Mayo/HoneyMust/Ranch Cheese Slice French Fries Baked Beans Choice of Fruits/Juice/Milks</p>	<p>3 Breakfast Pizza Choice of Fruits/Juice/Milks Ravioli Bosco Sticks/Marinara Salad/Dressings Carrots Choice of Fruits/Juice Choice of Milks</p>	<p>4 Pancake Wraps/Syrup Choice of Fruits/Juice/Milks Popcorn Chicken/Tso Sauce Must/Ket/Honey Must/Ranch/BBQ Hash Brown Broccoli w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>	<p>5 French Toast/Syrup/Sausage Choice of Fruits/Juice/Milks Chicken and Noodles Mashed Potatoes California Blend w/ Cheese Sauce Yeast Rolls/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>6 Streusels Cherry/Apple Choice of Fruits/Juice/Milks Pizza Green Beans Carrots Choice of Fruits/Juice Choice of Milks</p>
<p>9 Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks Hamburger/Bun/Pickles/Cheese Must/Ket/Mayo French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>10 Breakfast Pizza Choice of Fruits/Juice/Milks Spaghetti w/ Meat Sauce Tossed Salad/Dressings Carrots Garlic Bread Sticks Choice of Fruits/Juice Choice of Milks</p>	<p>11 Pancake Wraps/Syrup Choice of Fruits/Juice/Milks Fish Pattie/Bun/Cheese/Must/Ket. Mayo/Tartar Sauce Macaroni & Cheese Broccoli w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>	<p>12 French Toast/Syrup/Sausage Choice of Fruits/Juice/Milks Chicken Tenders Mashed Potatoes California Blend w/ Cheese Yeast Rolls/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>13 Cooks Choice Choice of Fruits/Juice/Milks Pizza Buttered Peas Carrots Cookie Choice of Fruits/Juice Choice of Milks</p>
<p>16 Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks Tenderloin/Bun/Cheese Slice Must/Ket/Mayo/Pickles/BBQ French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>17 Breakfast Pizza Choice of Fruits/Juice/Milks Tacos/Lettuce/Salsa/Taco Sauce Queso/Chips/Sour Cream Shredded Cheese Buttered Corn Choice of Fruits/Juice Choice of Milks</p>	<p>18 Pancake Wraps/Syrup Choice of Fruits/Juice/Milks Chicken Nuggets Ket/HoneyMust/BBQ/Ranch Hash Brown California Blend w/ Cheese Choice of Fruits/Juice Choice of Milks</p>	<p>19 French Toast/Syrup/Sausage Choice of Fruits/Juice/Milks Pizza Tossed Salad/Dressings Carrots Cookie Choice of Fruits/Juice Choice of Milks</p>	<p>20 <i>NO Students!!</i></p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p><i>FALL BREAK!! ENJOY</i></p>				
<p>30 Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks Chicken Pattie/Bun/Pickles/BBQ Must/Ket/Mayo/HoneyMust/Ranch Cheese Slice French Fries Baked Beans Choice of Fruits/Juice/Milks</p>	<p>31 Breakfast Pizza Choice of Fruits/Juice/Milks Nachos Delight Queso/Taco Meat/Sour Cream Lettuce/Salsa/Shredded Cheese Taco Sauce Buttered Corn Choice of Fruits/Juice/Milks</p>	<p>1 Pancake Wraps/Syrup Choice of Fruits/Juice/Milks Hot Dog/Bun/ConeySauce Must/Ket/Relish/Shred Cheese Hash Brown Carrots Choice of Fruits/Juice Choice of Milks</p>	<p>2 French Toast/Syrup/Sausage Choice of Fruit/Juice/Milks Salisbury Steak w/ Gravy Mashed Potatoes Broccoli w/ Cheese Sauce Yeast Rolls/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>3 Cook's Choice Choice of Fruits/Juice/Milks Pizza Tossed Salad/Dressings Carrots Ice Cream Choice of Fruits/Juice Choice of Milks</p>

Breakfast is served in the cafeteria from 7:45am to 8:15am. Students may choose a hot entrée, cereal, pop tart, muffin, cheese stick or an Uncrustable. All students eat in the cafeteria. If a bus runs late the student may take a grab and go from the cafeteria and eat in the classroom.

At lunch a student may choose an Uncrustable, cheese stick, or a peanut butter and jelly sandwich or a Lunchable instead of the hot lunch entrée. They may also choose a vegetable, fruit, juice and a milk.

Adults may order to go lunches: \$5.75 or join us at school for \$4.85. Please call the school office 756-645-5577 to order or come and eat lunch at school. Adult Breakfast is \$2.70 Lunch is \$4.85. Guest Student Breakfast is \$1.85 Lunch is \$2.60.

Fresh fruit and whole grain snacks are served free daily. Chocolate, white milk and water are served daily. ALL STUDENT MEALS ARE FREE. Students that bring their lunch from home may choose 3 items for free to supplement their lunch if they desire.

We are an equal opportunity provider. Menus are subject to change without notice.