

SEPTEMBER | 2020

MAYS COMMUNITY ACADEMY SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 Pancakes/Syrup/Sausage Choice of Fruits/Juice</p> <p>Chicken Rings Must/Ket/BBQ/Ranch French Fries California Blend w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>	<p>1 Eggs/Hash Brown/Toast Choice of Fruits/Juice</p> <p>Tacos/Lettuce/Salsa/Taco Sauce Queso/Chips/Sour Cream/Cheese Buttered Corn Chocolate Chip Cookie Choice of Fruits/Juice Choice of Milks</p>	<p>2 Pancake Wrap/Syrup Choice of Fruits/Juice</p> <p>Popcorn Chicken Mashed Potatoes Carrots/Ranch Rolls/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>3 French Toast/Syrup/Sausage Choice of Fruits/Juice</p> <p>Sloppy Jo on a Bun Hash Brown Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>4 Whole Grain Honey Bun Choice of Fruits/Juice</p> <p>Hot Dogs on a Bun Must/Ket/Coney Sauce/Rel/Cheese Tator Tots Broccoli w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>
<p>7 LABOR DAY NO SCHOOL</p>	<p>8 Eggs/Hash Brown/Toast Choice of Fruits/Juice</p> <p>Tenderloin on a Bun Must/Ket/Mayo/Pickles/Cheese French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>9 Pancake Wrap/Syrup Choice of Fruits/Juice</p> <p>Chicken Nuggets Ket/BBQ/Ranch Tator Tots California Blend w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>	<p>10 French Toast/Syrup/Sausage Choice of Fruits/Juice</p> <p>Meatloaf Mashed Potatoes Broccoli w/ Cheese Sauce Rolls/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>11 Egg and Cheese Sandwich Choice of Fruits/Juice</p> <p>Pizza Tossed Salad/Dressings Carrots/Ranch Choice of Fruits/Juice Choice of Milks</p>
<p>14 Pancakes/Syrup/Sausage Choice of Fruits/Juice</p> <p>Hamburger on a Bun Must/Ket/Pickles/Cheese Slice French Fries Baked Beans Choice of Fruits/Juices Choice of Milks</p>	<p>15 Eggs/Hash Brown/Toast Choice of Fruits/Juice</p> <p>Tacos/Lettuce/Salsa/Taco Sauce Queso/Chips/Sour Cream/Cheese Buttered Corn Chocolate Chip Cookie Bar Choice of Fruits/Juice Choice of Milks</p>	<p>16 Pancake Wrap/Syrup Choice of Fruits/Juice</p> <p>Chicken Patti on a Bun Ket/Must/BBQ/Ranch/Mayo Tator Tots California Blend w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>	<p>17 French Toast/Syrup/Sausage Choice of Fruits/Juice</p> <p>Spaghetti w/ Meat Sauce Tossed Salad/Dressings Carrots/Ranch Garlic Bread Choice of Fruits/Juice Choice of Milks</p>	<p>18 Whole Grain Cinnamon Roll Choice of Fruits/Juice</p> <p>Taco Pizza Wedges Veggie Bowl/Ranch Green Beans Choice of Fruits/Juice Choice of Milks</p>
<p>21 Pancakes/Syrup/Sausage Choice of Fruits/Juice</p> <p>Corn Dog Must/Ket Tator Tots Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>22 Eggs/Hash Brown/Toast Choice of Fruits/Juice</p> <p>Chicken Fajitas/Lettuce/Salsa Queso/Chips/Sour Cream/Cheese Buttered Corn Choice of Fruits/Juice Choice of Milks</p>	<p>23 Pancake Wrap/Syrup Choice of Fruits/Juice</p> <p>Steak Nuggets French Fries California Blend w/ Cheese Sauce Cookie Choice of Fruits/Juice Choice of Milks</p>	<p>24 French Toast/Syrup/Sausage Choice of Fruits/Juice</p> <p>Chicken and Noodles Mashed Potatoes Broccoli w/ Cheese Sauce Roll/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>25 Breakfast Pizza Choice of Fruits/Juice</p> <p>Pizza Tossed Salad/Dressings Carrots/Ranch Choice of Fruits/Juice Choice of Milks</p>
<p>28 Pancakes/Syrup/Sausage Choice of Fruits/Juice</p> <p>Chicken Patti or Chicken Parmesan On a Bun Tator Tots Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>29 Eggs/Hash Brown/Toast Choice of Fruits/Juice</p> <p>Tacollette/Lettuce/Salsa/Taco Sauce Queso/Chips/Sour Cream/Cheese Buttered Corn Cookie Choice of Fruits/Juice Choice of Milks</p>	<p>30 Pancake Wrap/Syrup Choice of Fruits/Juice</p> <p>Chicken Strips Ket/BBQ/Ranch French Fries Broccoli w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>	<p>1 French Toast/Syrup/Sausage Choice of Fruits/Juice</p> <p>Hot Ham and Cheese Bun/Must/Ket Hash Brown California Blend w/ Cheese Sauce Ice Cream Choice of Fruits/Juice Choice of Milks</p>	<p>2 Iced Whole Grain Honey Bun Choice of Fruits/Juice</p> <p>Mini Ravioli Bosco Bread Stick/Farm Cheese Cheese Sauce or Marinara Sauce Green Beans Carrots/Ranch Choice of Fruits/Juice/Milks</p>

BREAKFAST: Served in cafeteria:

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 entree for breakfast and those students will eat in the cafeteria.

We also offer a grab 'n go breakfasts where students choose items and we place in a ziplock bag; (from 7:45 to 8:30 am) they will eat in the classroom

All students must choose at least 3 items and one item must be a fruit or juice to complete the meal.

Grab 'n Go students may then go to their classroom to eat.

LUNCH:

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

some items count as 2 items:
sandwich=bread and meat;
pancake wrap=bread and meat;
pizza=bread and meat; so one choice of fruit/juice or veggie completes the meal.

To order to go lunches: for \$5.50 or to join us for lunch at school for \$3.65 please call 765-645-5777 by 9:00 am.

Adult Breakfast: \$2.25
Child Breakfast: \$3.75
Child Breakfast: \$1.45
Child Lunch: \$2.90

Fresh fruit and snacks served daily. Milk(white, chocolate, strawberry) and water offered with every meal.