



# JANUARY | 2022

## Mays Community Academy School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|  |   |   |   |  |
|--|---|---|---|--|
| <p><b>3</b> Pancakes/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Hamburger on a Bun<br/>Must/Ket/Mayo/Pickles/Cheese<br/>French Fries<br/>Baked Beans<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>        | <p><b>4</b> Breakfast Pizza<br/>Choice of Fruits/Juice/Milks<br/>Taco/Lettuce/Salsa/Taco Sauce<br/>Queso/Chips/Sour Cream<br/>Shredded Cheese<br/>Buttered Corn<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>          | <p><b>5</b> Pancake Wraps/Syrup<br/>Choice of Fruits/Juice/Milks<br/>Chicken Pattie/Bun/Pickles<br/>Must/Ket/Ranch/HoneyMust/BBQ<br/>Tator Tots<br/>Carrots/Ranch<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>                              | <p><b>6</b> French Toast/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Chicken Tenders<br/>Must/Ket/Ranch/HoneyMust/BBQ<br/>Mashed Potatoes<br/>Broccoli w/ Cheese Sauce<br/>Yeast Rolls/Butter/Jelly<br/>Choice of Fruits/Juice<br/>Choice of Milks</p> | <p><b>7</b> Iced Honey Bun<br/>Choice of Fruits/Juice/Milks<br/>Taco Pizza Wedges<br/>Queso/Salsa/Taco Sauce<br/>Green Beans<br/>Fresh Veggies/Ranch<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>            |
| <p><b>10</b> Pancakes/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Chicken Pattie/Bun/Pickles<br/>Must/Ket/Ranch/HoneyMust/BBQ<br/>Tator Tots<br/>Baked Beans<br/>Choice of Fruits/Juice<br/>Choice of Milks</p> | <p><b>11</b> Breakfast Pizza<br/>Choice of Fruits/Juice/Milks<br/>Tacos/Lettuce/Salsa/Taco Sauce<br/>Queso/Chips/Sour Cream<br/>Shredded Cheese<br/>Buttered Corn<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>        | <p><b>12</b> Pancake Wraps/Syrup<br/>Choice of Fruits/Juice/Milks<br/>Popcorn Chicken/Tso Sauce<br/>Must/Ket/Ranch/HoneyMust/BBQ<br/>Tator Wedges<br/>Carrots/Ranch<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>                            | <p><b>13</b> French Toast/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Slices of Turkey<br/>Mashed Potatoes/Gravy<br/>Broccoli w/ Cheese Sauce<br/>Yeast Rolls/Butter/Jelly<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>                          | <p><b>14</b> Cherry or Apple Streusel<br/>Choice of Fruits/Juice/Milks<br/>Pizza<br/>Tossed Salad/Dressings<br/>Fresh Veggies/Ranch<br/>Cookie<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>                  |
| <p><b>17</b> Pancakes/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Tenderloin on a Bun<br/>Must/Ket/Mayo/Pickles<br/>Tator Tots<br/>Baked Beans<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>               | <p><b>18</b> Breakfast Pizza<br/>Choice of Fruits/Juice/Milks<br/>Spaghetti w/ Meat Sauce<br/>Tossed Salad/Dressings<br/>Carrots/Ranch<br/>Garlic Bread<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>                  | <p><b>19</b> Pancake Wraps/Syrup<br/>Choice of Fruits/Juice/Milks<br/>Chicken Nuggets<br/>Must/Ket/Ranch/HoneyMust/BBQ<br/>Mashed Potatoes<br/>Fresh Veggies/Ranch<br/>Yeast Rolls/Butter/Jelly<br/>Choice of Fruits/Juice/Milks</p>              | <p><b>20</b> French Toast/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Hot Dog/Bun/Coney Sauce<br/>Shredded Cheese<br/>Must/Ket/Relish<br/>French Fries<br/>Broccoli w/ Cheese Sauce<br/>Choice of Fruits/Juice/Milks</p>                               | <p><b>21</b> Iced Honey Bun<br/>Choice of Fruits/Juice/Milks<br/>Pizza Bosco Sticks<br/>Marinara Sauce or Queso<br/>Buttered Corn<br/>Green Beans<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>               |
| <p><b>24</b> Pancakes/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Sloppy Joe on a Bun<br/>Tator Tots/Ketchup<br/>Baked Beans<br/>Chocolate Chip Cookie<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>       | <p><b>25</b> Breakfast Pizza<br/>Choice of Fruits/Juice/Milks<br/>Chili/Saltines/Shredded Cheese<br/>Grilled Cheese<br/>Celery Sticks w/ Peanut Butter<br/>Carrots/Ranch<br/>Choice of Fruits/Juice<br/>Choice of Milks</p> | <p><b>26</b> Pancake Wraps/Syrup<br/>Choice of Fruits/Juice/Milks<br/>Grilled Chicken Breast<br/>BBQ/Honey Must/Ranch<br/>Mashed Potatoes<br/>Fresh Veggies/Ranch<br/>Yeast Rolls/Butter/Jelly<br/>Choice of Fruits/Juice<br/>Choice of Milks</p> | <p><b>27</b> French Toast/Syrup/Sausage<br/>Choice of Fruits/Juice/Milks<br/>Deli Turkey and Ham Sub w/cheese<br/>Must/Ket/Mayo/Pickles/Lettuce<br/>French Fries<br/>Broccoli w/ cheese sauce<br/>Cookie<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>   | <p><b>28</b> Cherry or Apple Streusel<br/>Choice of Fruits/Juice/Milks<br/>Chicken and Noodles<br/>Mashed Potatoes<br/>Green Beans<br/>Yeast Rolls/Butter/Jelly<br/>Choice of Fruits/Juice<br/>Choice of Milks</p> |
| <p><b>31</b> Pancakes/Syrup/Sausage<br/>Choice of Fruits/Juice/Milk<br/>Chicken Pattie/Bun/Pickles<br/>Must/Ket/Ranch/HoneyMust/BBQ<br/>Tator Tots<br/>Baked Beans<br/>Choice of Fruits/Juice<br/>Choice of Milks</p>  | <p><b>1</b></p>   | <p><b>2</b></p>   | <p><b>3</b></p>   | <p><b>4</b></p>  |

### BREAKFAST: Served in cafeteria:

7:45 am until 8:15 am

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

We also offer a grab 'n go breakfasts where students select items/we place in a ziplock bag.(from 7:45 to 8:30 am) and they eat in their classroom.

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

### 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, 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.

**Jr. High Student options: hot lunch, cold, lunch items, pizza or a salad.**

To order to-go lunches (\$5.50) please call 765-645-5577 by 9:00 am. Adult Breakfast: \$2.50/Lunch: \$4.60 Fresh fruit and snacks served daily.

Milk(white or chocolate) and water are offered with every meal.

All student breakfasts/lunches are free. Any student that brings their lunch may also choose 3 items from school lunch to supplement their packed lunch.