

OCTOBER | 2021

MAYS COMMUNITY ACADEMY SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>27</p> <p>(**Veggie Bowl may contain: Raw Carrots/Grape Tomatoes/Peppers Broccoli/Cucumber)</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1</p>
<p>4 Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks Hamburger on a Bun Must/Ket/Mayo/Pickles/Cheese French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>5 Breakfast Pizza Choice of Fruits/Juice/Milks Taco/Lettuce/Salsa/Taco Sauce Queso/Chips/Sour Cream Shredded Cheese Buttered Corn Choice of Fruits/Juice Choice of Milks</p>	<p>6 Pancake Wraps/Syrup Choice of Fruits/Juice/Milks Chicken Pattie on a Bun Must/Ket/Mayo/Honey Must/Ranch Potato Smile Fries Carrots/Ranch Choice of Fruits/Juice Choice of Milks</p>	<p>7 French Toast/Syrup/Sausage Choice of Fruits/Juice/Milks Chicken Tenders BBQ/Honey Must/Ranch Mashed Potatoes Broccoli w/ Cheese Sauce Yeast Rolls/Butter/Jelly Choice of Fruits/Juice/Milks</p>	<p>8 Apple or Cherry Streusel Choice of Fruits/Juice/Milk Taco Pizza Wedges Queso/Salsa/Taco Sauce Seasoned Green Beans Fresh Veggie Bowl/Ranch Choice of Fruits/Juice Choice of Milks</p>
<p>11 Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks Chicken Pattie on a Bun Must/Ket/Mayo/Honey Must/Ranch French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>12 Breakfast Pizza Choice of Fruits/Juice/Milks Taco/Lettuce/Salsa/Taco Sauce Queso/Chips/Sour Cream Shredded Cheese Buttered Corn Choice of Fruits/Juice Choice of Milks</p>	<p>13 Pancake Wraps/Syrup Choice of Fruits/Juice/Milks Popcorn Chicken/Tso Sauce Must/Ket/BBQ/Ranch/Honey Must. Fried Rice/Tator Tots Carrots/Ranch Choice of Fruits/Juice Choice of Milks</p>	<p>14 French Toast/Syrup/Sausage Choice of Fruits/Juice/Milks Chicken and Noodles Mashed Potatoes Broccoli w/ Cheese Sauce Yeast Rolls/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>15 Iced Honey Bun Choice of Fruits/Juice/Milks Pizza Tossed Salad/Dressings Fresh Veggie Bowl/Ranch Choice of Fruits/Juice Choice of Milks</p>
<p>18 Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks BBQ on a Bun Tator Tots Baked Beans Ice Cream/Sherbet Choice of Fruits/Juice Choice of Milks</p>	<p>19 Breakfast Pizza Choice of Fruits/Juice/Milks Chili/Crackers/Shredded Cheese Grilled Cheese Celery Sticks Carrots/Ranch Choice of Fruits/Juice Choice of Milks</p>	<p>20 Pancake Wraps/Syrup Choice of Fruits/Juice/Milks Grilled Chicken Breast BBQ/Honey Must/Ranch Mashed Potatoes Veggie Bowl/Ranch Yeast Roll/Butter/Jelly Choice of Fruits/Juice/Milks</p>	<p>21 French Toast/Syrup/Sausage Choice of Fruits/Juice/Milks Deli Turkey Sub w/ Cheese Must/Ket/Mayo/Pickles/Lettuce French Fries Broccoli w/ Cheese Sauce Cookie Choice of Fruits/Juice/Milks</p>	<p>22 Apple or Cherry Streusel Choice of Fruits/Juice/Milks Chicken Quesadillas/Lettuce Queso/Chips/Salsa/Sour Cream Taco Sauce/Shredded Cheese Buttered Corn Choice of Fruits/Juice Choice of Milks</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

FALL BREAK!! ENJOY!!

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: for \$5.50 or to join us for lunch at school for \$4.60 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.