

NOVEMBER | 2019



MAYS COMMUNITY ACADEMY SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p> <p>When a child brings their own lunch from home, they may choose three items from the lunch line to supplement their packed lunch.</p> <p>All students' breakfasts and lunches are free.</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 Whole Grain Cinnamon Roll Choice of Fruits/Juice Choice of Milks Chicken Pattie on a bun Must/Ket/BBQ/Ranch/Mayo/Pickles French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>
<p>4 "Happy Veterans' Day!!" Pancakes/Syrup/Sausage Choice of Fruits/Juice/Milks</p> <p>Chicken and Noodles Mashed Potatoes Green Beans Yeast Roll/Butter/Jelly Dessert Choice of Fruits/Juice and Milks</p>	<p>5 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks</p> <p>Chicken Fajita Wraps/Lettuce/Salsa Queso/Nacho Chips/Taco Sauce Sour Cream/Shredded Cheese Buttered Corn Choice of Fruits Choice of Milks</p>	<p>6 Pancake Wrap/Syrup Choice of Fruits/Juice Choice of Milks</p> <p>Corn Dog Ketchup/Mustard Tator Wedges Broccoli w/ cheese sauce Choice of Fruits/Juice Choice of Milks</p>	<p>7 French Toast/Syrup/Sausage Choice of Fruits/Juice Choice of Milks</p> <p>Spaghetti w/ Meat Sauce Tossed Salad/Dressings Warm and buttery Garlic Toast Choice of Fruits/Juice Choice of Milks</p>	<p>8 Whole Grain Cinnamon Roll Choice of Fruits/Juice Choice of Milks</p> <p>Taco Pizza Wedges/Salsa Queso/Nacho Chips/Sour Cream California Blend w/ cheese sauce Chocolate Chip Cookie Choice of Fruits/Juice Choice of Milks</p>
<p>11 Pancakes/Syrup/Sausage Choice of Fruits/Juice Choice of Milks</p> <p>Mini Ravioli Green Beans Warm Bosco Stick w/ parm cheese Marinara Sauce Dip/Queso Choice of Fruits/Juice Choice of Milks</p>	<p>12 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks</p> <p>Taco Meat/Lettuce/Salsa Queso/Nacho Chips/Taco Sauce Sour Cream/Shredded Cheese Buttered Corn Choice of Fruits Choice of Milks</p>	<p>13 Pancake Wrap/Syrup Choice of Fruits/Juice Choice of Milks</p> <p>General Tso's Chicken/Sauces Mashed Potatoes/Fried Rice Broccoli w/ cheese sauce Roll/Butter/Jelly/Fortune Cookie Choice of Fruits/Juice Choice of Milks</p>	<p>14 French Toast/Syrup/Sausage Choice of Fruits/Juice Choice of Milks</p> <p>Sloppy Joe on a Bun French Fries/Ketchup California Blend w/ cheese sauce Cookie Choice of Fruits/Juice Choice of Milks</p>	<p>15 Whole Grain Cinnamon Roll Choice of Fruits/Juice Choice of Milks</p> <p>Hot Dog on a Bun/Must/Ket/Relish Coney Sauce/Shredded Cheese Tator Tots Baked Beans Choice of Fruits/Juice Choice of Milks</p>
<p>18 Pancakes/Syrup/Sausage Choice of Fruits/Juice Choice of Milks</p> <p>Hamburger on a Bun Must/Ket/Mayo/Pickles/Cheese Tator Tots Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>19 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks</p> <p>Shepherd's Pie/Hamburger/Cheese Mashed Potatoes Green Beans Warm Yeast Rolls/Butter/Jelly Choice of Fruits Choice of Milks</p>	<p>20 Pancake Wrap/Syrup Choice of Fruits/Juice Choice of Milks</p> <p>Chicken Nuggets Must/Ket/Ranch/HoneyMust/BBQ French Fries California Blend w/ cheese sauce Choice of Fruits/Juice Choice of Milks</p>	<p>21 French Toast/Syrup/Sausage Choice of Fruits/Juice Choice of Milks</p> <p>Meatloaf Buttered Potatoes Broccoli w/ cheese sauce Rolls/Butter/Jelly Choice of Fruits/Juice Choice of Milks</p>	<p>22 Whole Grain Cinnamon Roll Choice of Fruits/Juice Choice of Milks</p> <p>Pepperoni Pizza/Cheese Pizza Tossed Salad/Dressings Carrots/Ranch Dip Dessert Choice of Fruits/Juice Choice of Milks</p>
<p>25 Pancakes/Syrup/Sausage Choice of Fruits/Juice Choice of Milks</p> <p>Chicken Pattie on a bun Must/Ket/BBQ/Ranch/Mayo/Pickles French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>26 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks</p> <p>Turkey Manhattan/Mashed Potatoes Bread/Gravy Green Beans Buttered Corn Ice Cream Choice of Fruits/Milks</p>	<p>27</p>	<p>28</p>	<p>29</p>

HAPPY THANKSGIVING!!

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 those students will eat in the cafeteria.

We also offer a grab 'n go breakfast and that student may choose items and place in a ziplock bag. (from 7:45 to 8:30 am)

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 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.

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 every meal