

SEPTEMBER | 2019

MAYS COMMUNITY ACADEMY SCHOOL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <i>LABOR DAY</i> <i>NO</i> <i>SCHOOL!!!!</i></p>	<p>3 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Taco Meat/Lettuce/Salsa Queso/Nacho Chips/Taco Sauce Sour Cream/Shredded Cheese Buttered Corn Choice of Fruits Choice of Milks</p>	<p>4 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks Chicken Pattie on a Bun Must/Ket/Mayo/Pickles Sliced Tomatoes/Carrots/Dip Broccoli w/Cheese Sauce Choice of Fruits/Juices Choice of Milks</p>	<p>5 French Toast/Syrup/Juices Choice of Fruits/Juices Choice of Milks Spaghetti w/ Meat Sauce Tossed Salad w/ Dressings Green Beans Garlic Bread/ Parm. Cheese Choice of Fruits/Juices Choice of Milks</p>	<p>6 Cinnamon Roll & Yogurt Choice of Fruits/Juices Choice of Milks Taco Pizza Wedges/Salsa Queso/Nacho Chips/Sour Cream Black Beans California Blend/Cheese Sauce Choice of Fruits/Juices Choice of Milks</p>
<p>9 Pancake/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Corn Dogs/Ketchup/Mustard Tator Wedges Broccoli w/Cheese Sauce Choice of Fruits/Juices Choice of Milks</p>	<p>10 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Chicken Fajita Wraps/Lettuce/Salsa Shredded Cheese/Chips/Queso Taco Sauce/Sour Cream Buttered Corn Choice of Fruits Choice of Milks</p>	<p>11 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks Steak Nuggets French Fries/Ketchup Baked Beans Chocolate Grams Cookies Choice of Fruits/Juices Choice of Milks</p>	<p>12 French Toast/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Chicken and Noodles Mashed Potatoes California Blend w/Cheese Sauce Warm Yeast Roll/Butter/Jelly Choice of Fruits/Juices Choice of Milks</p>	<p>13 Cinnamon Roll & Yogurt Choice of Fruits/Juices Choice of Milks Cheese Pizza Tossed Salad/Dressings Carrots/Celery/Ranch Dip Cookie Choice of Fruits/Juices Choice of Milks</p>
<p>16 Pancake/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Ravioli Green Beans Warm Bosco Stick w/Parm Cheese Marinara Sauce Dip/Queso Choice of Fruits/Juices Choice of Milks</p>	<p>17 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Taco Meat/Lettuce/Salsa Queso/Nacho Chips/Taco Sauce Sour Cream/Shredded Cheese Buttered Corn Choice of Fruits Choice of Milks</p>	<p>18 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks General Tso's Chicken/Sauces Mashed Potatoes/Fried Rice Broccoli w/Cheese Sauce Roll/Butter/Jelly/ Fortune Cookie Choice of Fruits/Juices Choice of Milks</p>	<p>19 French Toast/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Sloppy Joe on a Bun French Fries/Ketchup California Blend w/ Cheese Sauce Chocolate Chip Cookie Choice of Fruits/Juices Choice of Milks</p>	<p>20 Cinnamon Roll & Yogurt Choice of Fruits/Juices Choice of Milks Hot Dog on a Bun/Mustard/Ketchup Coney Sauce/Pickle Relish Tator Tots Baked Beans Choice of Fruits/Juices Choice of Milks</p>
<p>23 Pancake/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Hamburger on a Bun Must/Ketchup/Mayo/Pickles/Cheese Tator Tots Baked Beans Choice of Fruits/Juices Choice of Milks</p>	<p>24 Scrambled Eggs/Hash Brown/Toast Choice of Fruits Choice of Milks Shepherd's Pie/Hamburger/Cheese Mashed Potatoes Green Beans Warm Yeast Roll/Butter/Jelly Choice of Fruits Choice of Milks</p>	<p>25 Pancake Wrap/Syrup Choice of Fruits/Juices Choice of Milks Chicken Nuggets Must/Ket/Ranch/Honey Must/BBQ French Fries California Blend w/ Cheese Sauce Choice of Fruits/Juices Choice of Milks</p>	<p>26 French Toast/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Meatloaf Buttered Potatoes Broccoli w/Cheese Sauce Roll/Butter/Jelly Choice of Fruits/Juices Choice of Milks</p>	<p>27 Cinnamon Roll & Yogurt Choice of Fruits/Juices Choice of Milks Cheese Pizza Tossed Salad/Dressings Celery/Carrots/Ranch Dip Chocolate Chip Bar Choice of Fruits/Juices Choice of Milks</p>
<p>30 Pancake/Syrup/Sausage Choice of Fruits/Juices Choice of Milks Popcorn Chicken/Sauces Mashed Potatoes Broccoli w/Cheese Sauce Roll/Butter/Jelly Choice of Fruits/Juices Choice of Milks</p>	<p>1 If a child brings their own lunch from home, they may choose three items for free from the lunch line to supplement their menu subject to change as needed. All student breakfasts and lunches are free.</p>	<p>2 If a child brings their own lunch from home, they may choose three items for free from the lunch line to supplement their menu subject to change as needed.</p>	<p>3 Menu subject to change as needed.</p>	<p>4 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</p>

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 students will eat in the cafeteria.
We also offer a grab 'n go breakfast, a student may choose items and place in a ziplock bag. Students must choose 3 items and one item must be a fruit or juice to complete the meal.
Then students may 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, and milk. (a student must take at least 1 veggie and/or fruit with choice to make a complete 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.