

SEPTEMBER | 2024

MAYS COMMUNITY ACADEMY SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 <i><u>LABOR DAY!!</u></i> <i><u>NO SCHOOL!!</u></i></p>	<p>3 Breakfast Pizza Choice of Fruit/Juice/Milks Breaded Chicken Pattie/Bun Must/Ket/Mayo/HoneyMust/BBQ Ranch/Pickles/Cheese French Fries Baked Beans Choice of Fruit/Juice/Milks</p>	<p>4 Pancakes/Sausage/Syrup Choice of Fruits/Juice/Milks Hot Dog/Bun/Coney Sauce Must/Ket/Relish/Cheese Hash Brown Broccoli w/ Cheese Sauce Choice of Fruits/Juice Choice of Milks</p>	<p>5 French Toast/Sausage/Syrup Choice of Fruits/Juice/Milks Chicken Nuggets BBQ/Ranch/HoneyMust/Ket Mashed Potatoes California Blend w/ Cheese Sauce Yeast Rolls/Butter/Jelly/Honey Choice of Fruits/Juice/Milks</p>	<p>6 Waffles/Syrup Choice of Fruits/Juice/Milk Pizza Tossed Salad/Dressings Carrots/Dip Tomatoes Choice of Fruits/Juice Choice of Milks</p>
<p>9 Pancakes/Sausage/Syrup Choice of Fruits/Juice/Milks Tenderloin/Bun/Cheese Must/Ket/Mayo/Ranch/Pickles French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>10 Breakfast Pizza Choice of Fruits/Juice/Milks **Bird Dogs Must/Ket/Ranch/BBQ/HoneyMust Potato Smiles Broccoli w/ Cheese Sauce Cookie Choice of Fruits/Juice/Milks</p>	<p>11 Egg Pattie/Cheese Biscuit Choice of Fruits/Juice/Milks Mac and Cheese Fish Sticks/Tartar Sauce Green Beans w/ Ham Hash Brown/Ketchup Choice of Fruits/Juice Choice of Milks</p>	<p>12 French Toast/Sausage/Syrup Choice of Fruits/Juice/Milk Spaghetti w/ Meat Sauce Tossed Salad/Dressings Carrots/Dip Garlic Bread Choice of Fruits/Juice Choice of Milks</p>	<p>13 Cherry/Apple Streusel Choice of Fruits/Juice/Milks Stuffed Crust Pizza California Blend w/Cheese Sauce Buttered Corn Choice of Fruits/Juice Choice of Milks</p>
<p>16 Sausage Gravy/Biscuit Choice of Fruits/Juice/Milks Hamburger/Bun/Cheese Must/Ket/Mayo/Ranch/Pickles French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>17 Breakfast Pizza Choice of Fruits/Juice/Milks Taco/Shredded Lettuce/Salsa Taco Sauce/Shredded Cheese Queso/Nacho Chips Buttered Corn Choice of Fruits/Juice Choice of Milks</p>	<p>18 "BREAKFAST" "BUDDIES" Pancakes/Sausage/Syrup Choice of Fruits/Juice/Milks BBQ or Grilled Chicken/Bun Must/Ket/Mayo/BBQ/Ranch Hash Brown Broccoli w/ Cheese Sauce Ice Cream Choice of Fruits/Juice/Milks</p>	<p>19 "BREAKFAST" "BUDDIES" French Toast/Sausage/Syrup Choice of Fruits/Juice/Milks Chicken and Noodles Mashed Potatoes California Blend w/Cheese Sauce Yeast Roll/Butter/Jelly/Honey Choice of Fruits/Juice/Milks</p>	<p>20 Waffles/Syrup Choice of Fruits/Juice/Milks Pizza Tossed Salad/Dressings Carrots/Dip Tomatoes Choice of Fruits/Juice Choice of Milks</p>
<p>23 Pancakes/Sausage/Syrup Choice of Fruits/Juice/Milks Breaded Chicken Pattie/Bun Must/Ket/Mayo/HoneyMust/BBQ Ranch/Pickles/Cheese French Fries Baked Beans Choice of Fruits/Juice/Milks</p>	<p>24 Breakfast Pizza Choice of Fruits/Juice/Milks Mini Ravioli Green Beans w/ Ham Buttered Corn Bosco Stick Choice of Fruits/Juice Choice of Milks</p>	<p>25 Scrambled Eggs/Toast Choice of Fruits/Juice/Milks Chili/Crackers/Shredded Cheese Grilled Cheese Carrots/Dip Tomatoes Choice of Fruits/Juice Choice of Milks</p>	<p>26 French Toast/Sausage/Syrup Choice of Fruits/Juice/Milks Slice of Roasted Turkey Mashed Potatoes/Gravy California Blend w /Cheese Sauce Yeast Rolls/Butter/Jelly/Honey Choice of Fruits/Juice Choice of Milks</p>	<p>27 Cherry/Apple Streusel Choice of Fruits/Juice/Milks Stuffed Crust Pizza Tossed Salad/Dressings Carrots & Celery/Dip Choice of Fruits/Juice Choice of Milks</p>
<p>30 Pancakes/Sausage/Syrup Choice of Fruits/Juice/Milks Fish Pattie/Bun/Cheese Tartar Sauce/Ket/Ranch French Fries Baked Beans Choice of Fruits/Juice Choice of Milks</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

News

Breakfast is served in the cafeteria from 7:45am to 8:15am. Students may choose a hot entrée, cereal, pop tart, muffin, cheese stick or an Uncrustable. All students eat in the cafeteria. If a bus runs late the student may take a grab and go from the cafeteria and eat in the classroom. At lunch a student may choose an Uncrustable, cheese stick, or a peanut butter and jelly sandwich instead of the hot lunch entrée. They may also choose a vegetable, fruit, juice and a milk. Adults may order to go lunches: \$5.75 or join us at school for \$5.00. Please call the school office 756-645-5577 to order or come and eat lunch at school. Adult Breakfast is \$2.85. Lunch is \$5.00. Guest Student Breakfast is \$2.00. Lunch is \$2.95. Fresh fruit and whole grain snacks are served free daily. Chocolate, white milk and water are served daily. ALL STUDENT MEALS ARE FREE. Students that bring their lunch from home may choose 3 items for free to supplement their lunch if they desire. We are an equal opportunity provider. Menus are subject to change without notice.