

BREAKFAST

FREE for ALL STUDENTS!

This institution is an equal opportunity provider.

OCTOBER 2020

Martins Ferry City Schools K-12 Menu

LUNCH PRICES

ES - \$2.75 MS/HS - \$3.00
Reduced - \$.40 Adults - \$3.50

R. Yoder, FSS - 740-633-1732 ext. 0

Monday



Tuesday

Wednesday

Thursday

Friday

No Cash Will Be Accepted at Lunch Time
Deposits must be made online
or at Breakfast Only!

Menu Subject to Change.

5
Crunch Mania
Fresh Fruit
White Milk or Chocolate Milk

Turkey & Cheese on WG Bun - Pickles
Sweet Potatoes - Mustard & Ketchup
Fresh Fruit
White Milk or Chocolate Milk

6
Cinnamon Pancake
Fresh Fruit
White Milk or Chocolate Milk

Chicken & Rotini - WG Roll
Broccoli
Fresh Fruit
White Milk or Chocolate Milk

7
Pop Tarts
Applesauce
White Milk or Chocolate Milk

Cheeseburger on WG Bun
Green Beans - Pickles
Mustard & Ketchup - Fresh Fruit
White Milk or Chocolate Milk

1
Sausage Pancake Wraps
Fresh Fruit
White Milk or Chocolate Milk

WW Grilled Cheese - Pickles
Chili - Crackers - Ketchup
Fresh Fruit
White Milk or Chocolate Milk

2
Banana Chocolate Chunk Bar
Fresh Fruit
White Milk or Chocolate Milk

Grilled Chicken Breast - WW Bread
Potato Wedges - Ketchup
Fresh Fruit
White Milk or Chocolate Milk

12
Cereal Bar & Cheese Stick
Raisins
White Milk or Chocolate Milk

WW Grilled Cheese - Pickles
Chili - Crackers - Ketchup
Fresh Fruit
White Milk or Chocolate Milk

13
Sausage Pancake Wraps
Fresh Fruit
White Milk or Chocolate Milk

Pepperoni & Cheese Calzone
Fresh Veggies - Ranch Cup
Fresh Fruit
White Milk or Chocolate Milk

14
Mini Chocolate Donuts
Applesauce
White Milk or Chocolate Milk

Salisbury Steak/Gravy
WW Bread - Potatoes
Fresh Fruit
White Milk or Chocolate Milk

15
Egg & Cheese Sandwich
Fresh Fruit
White Milk or Chocolate Milk

Rigatoni with Meat Sauce
Garlic Bread - Corn
Fresh Fruit
White Milk or Chocolate Milk

16
Super Donut
Fresh Fruit
White Milk or Chocolate Milk

Hamburger on WG Bun
Broccoli & Cheese - Pickles
Mustard & Ketchup - Fresh Fruit
White Milk or Chocolate Milk

19
Banana Chocolate Chunk Bar
Fresh Fruit
White Milk or Chocolate Milk

Chicken & Rotini - WG Roll
Broccoli
Fresh Fruit
White Milk or Chocolate Milk

20
Apple Cinnamon Texas Toast
Raisins
White Milk or Chocolate Milk

Turkey & Cheese on WG Bun
Carrots - Pickles - Mustard & Ketchup
Fresh Fruit
White Milk or Chocolate Milk

21
Mini Powdered Donuts
Applesauce
White Milk or Chocolate Milk

Nachos with Taco Meat & Cheese
Black Beans
Fresh Fruit
White Milk or Chocolate Milk

22
Egg & Cheese Sandwich
Fresh Fruit
White Milk or Chocolate Milk

Rigatoni with Meat Sauce
Garlic Bread - Corn
Fresh Fruit
White Milk or Chocolate Milk

23
Cherry Crunch Bar
Fresh Fruit
White Milk or Chocolate Milk

Tony's WG Pizza
Green Beans
Fresh Fruit
White Milk or Chocolate Milk

26
Pop Tarts
Raisins
White Milk or Chocolate Milk

Grilled Chicken on WG Bun
Sweet Potato Fries - Pickles
Fresh Fruit - Mustard & Ketchup
White Milk or Chocolate Milk

27
Chocolate Chip French Toast
Fresh Fruit
White Milk or Chocolate Milk

WW Grilled Cheese - Pickles
Chili - Crackers - Ketchup
Fresh Fruit
White Milk or Chocolate Milk

28
Cereal Bar & Cheese Stick
Applesauce
White Milk or Chocolate Milk

Hamburger on WG Bun
Broccoli & Cheese - Pickles
Mustard & Ketchup - Fresh Fruit
White Milk or Chocolate Milk

29
Sausage Pancake Wraps
Fresh Fruit
White Milk or Chocolate Milk

Salisbury Steak/Gravy
WW Bread - Potatoes
Fresh Fruit
White Milk or Chocolate Milk

30
Mini Chocolate Donuts
Fresh Fruit
White Milk or Chocolate Milk

DeFelice Pizza
Fresh Veggies - Ranch Cup
Fresh Fruit
White Milk or Chocolate Milk

**** Cut Your Thirst with Water or Milk ****
Students will be served everything on the menu.

Please set up an account on [MySchoolBucks.com](https://www.myschoolbucks.com) to deposit money and view purchases.

**STUDENT CHARGING IS NOT PERMITTED
FOR ALA CARTE OR SNACKS**

Free & Reduced Lunch Applications Available on our School Website mfcfsd.k12.oh.us - Apply today!

