

2025

MAY

Martins Ferry City Schools K-12 Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FREE BREAKFAST FOR ALL STUDENTS

Elementary - \$3.25 Middle School/High School - \$3.50 Reduced Price - \$.40 NO CHARGING SNACKS OR ALA CARTE ITEMS

Students must choose at least 3 of 4 items offered at breakfast and 3 of 5 items offered at lunch.

One item must be a ½ cup of fruit or vegetable. Jammers available daily.

Please deposit money at breakfast or through MySchoolBucks.com



1 Cinnamon Toast Crunch
Fruit Juice - Craisins - Milk
School Principal Day
Mac-n-Cheese
WG Roll - Spinach Salad
Fresh Fruit - Milk

2 Donut Holes
Fruit Juice - Applesauce - Milk

Pizza Rippers
Carrots - Green Beans
Fresh Fruit - Milk

5 Banana Bread
Fruit Juice - Applesauce - Milk

Nachos with Beef & Cheese
Black Beans - Salsa
Fresh Fruit - Milk



7 Chocolate Crescent
Raisins - Applesauce - Milk
National Teacher Day
Zontini's Pizza
Celery - Carrots - Ranch
Fresh Fruit - Milk

8 Cinnamon Pancake
Fruit Cup - Fruit Juice - Milk

Rigatoni with Meat Sauce
WW Bread - Green Beans
Fresh Fruit - Milk

9 Chocolate Donuts
Applesauce - Fruit Juice - Milk

Cheese Quesadilla
Side Salad - Salsa
Fresh Fruit - Milk

12 Nutrigrain Bar
Craisins - Applesauce - Milk

Hamburger on WG Bun
Broccoli & Cheese - Pickles
Fresh Fruit - Milk

13 C.C. French Toast
Fruit Cup - Fruit Juice - Milk

Chicken Drumstick - Mex. Rice
Carrots - Peas
Fresh Fruit - Milk

14 Blueberry Waffles
Raisins - Applesauce - Milk

WW Grilled Cheese
Pickles - Chili - Crackers
Fresh Fruit - Milk

15 Mini Cinnis
Applesauce - Fruit Juice - Milk

Sloppy Joe on WG Bun
Potato Wedges
Fresh Fruit - Milk

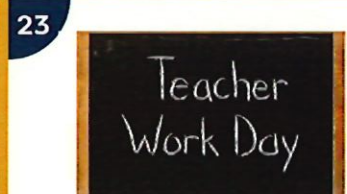
16 Super Donut
Fruit Cup - Fruit Juice - Milk

DeFelice Pizza
Celery - Carrots - Ranch
Fresh Fruit - Milk

19
*Cooks
Choice*

20
*Cooks
Choice*

21
*Cooks
Choice*



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27
28
Please pay any balances due on your lunch account by May 19, 2025.
Watch for the Lunch Application in our Summer Mailing. You must fill out an application every school year.

Have a Great Summer!!!

29 Healthy Tips for Students
*Eat Healthy Foods * Drink Plenty of Water * Try a New Sport
Reduce Screen Time * Get Enough Sleep * Manage Your Stress
Start a Daily Workout Routine * Limit your Caffeine
Find Some New Hobbies * Start a Journal*

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