



# APRIL | 2018

## Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  No School!	<b>3</b> A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Refried Beans Diced Pears Milk	<b>4</b> A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun  Salad Greens & Tomato Fresh Apple <b>Milk</b>	<b>5</b> A. Chicken Drumstick with a Whole Grain Roll B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Fresh Broccoli & Cauliflower Fresh Orange Slices Milk	<b>6</b> A. Mini Pancakes & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll  Tater Tots 100% Juice Milk
<b>9</b> A. Pizza Bosco Stick B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Fresh Broccoli Mixed Fruit Milk	<b>10</b> A. Reduced Fat Doritos Walking Taco B. Chicken Caesar Salad C. Corn Dog  Black Beans Clementine Milk	<b>11</b> A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll  Salad Greens & Tomato Apple Slices Milk	<b>12</b> A. Hot Ham & Cheese on a Pretzel Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Baby Carrots Diced Peaches Milk	<b>13</b> A. French Toast Sticks & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrowns 100% Juice Milk
<b>16</b> A. Crazy Cheesy Bread B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Baby Carrots Diced Pears Milk	<b>17</b> A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs  Refried Beans Fresh Grapes Milk	<b>18</b> A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun  Salad Greens & Tomato Fresh Apple Milk	<b>19</b> A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Fresh Broccoli Raisins Milk	<b>20</b> A. Mini Cinnis & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Tater Tots 100% Juice Milk
<b>23</b> A. 3-Cheese Calzone B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Baked Beans Apple Slices Milk	<b>24</b> A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Steamed Corn Fresh Pear Milk	<b>25</b> A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll  Salad Greens & Tomato Fresh Orange Slices Milk	<b>26</b> A. Pasta & Meat Sauce B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Celery & Carrot Sticks Diced Pears Milk	<b>27</b> A. Mini Blueberry Pancakes & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrowns 100% Juice Milk
<b>30</b> A. Macaroni & Cheese B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Hummus & Carrots Sticks Fresh Pear Milk				

### Farms Breakfast \$1.75

#### Available Daily

Cereal  
 Muffin or Breakfast Bread  
 Cereal Bar  
 Yogurt  
 Bagel

#### Daily Specials

Monday- Bagel & Cream Cheese  
 Tuesday- Fruit Smoothies  
 Wednesday- Egg, Sausage & Cheese Muffin  
 Thursday- Bagels & Cream Cheese  
 Friday- Whole Grain Breakfast Bun  
 All Breakfast Meals Include  
 Fruit, 100% Juice & Milk

### 4th LUNCH Choice available

#### every day!

#### Yogurt Boat

Yogurt, String Cheese,  
 Choice of 2 of the following (but  
 cannot be 2 of the same):

Whole Grain Blueberry Muffin  
 Whole Grain Cheddar Goldfish Crackers  
 Granola  
 Included Vegetable, Fruit, Fruit &  
 Veggie Bar and Milk

#### Student Lunch \$2.50

Did you know that when your student  
 purchases lunch at FIS they have access  
 to our Fruit & Veggie Bar?

Our FIS Fruit & Veggie Bar has a variety  
 of fruit and veggies every day.  
 Students purchasing lunch can choose as  
 many fruits and veggies as they can eat!