

# APRIL | 2019



## Farms Intermediate Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>1</b> A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Baby Carrots Diced Peaches Milk</p>	<p><b>2</b> A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Refried Beans Fresh Apple Milk</p>	<p><b>3</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens &amp; Tomato Fresh Pear Milk</p>	<p><b>4</b> A. Mini Cinnis &amp; Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk</p>	<p><b>5</b> Chicken Drumstick &amp; a Whole Grain Roll B. Taco Salad C. Bosco Sticks with Marinara  Mashed Potatoes &amp; Gravy Pineapple Tidbits Milk</p>
<p><b>8</b> A. Twisted Grilled Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll  Tomato Soup Fresh Apple Milk</p>	<p><b>9</b> A. Walking Taco B. Chicken Caesar Salad C. Mini Corn Dogs  Hummus &amp; Carrot Sticks Mixed Fruit Milk</p>	<p><b>10</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens &amp; Tomato Orange Slices Milk</p>	<p><b>11</b> A. Mini Blueberry Pancakes &amp; Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrown Stars 100% Juice Milk</p>	<p><b>12</b> A. Hot Italian Sub B. Taco Salad C. Bosco Sticks with Marinara  Oven Baked French Fries Raisins Milk</p>
<p><b>15</b> A. Cheeseburger on a Whole Grain Bun B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Celery &amp; Carrot Sticks Warm Cinnamon Apples Milk</p>	<p><b>16</b> A. Beef Soft Tacos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Black Beans Fresh Pear Milk</p>	<p><b>17</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens &amp; Tomato Fresh Apple Milk</p>	<p><b>18</b> A. French Toast Sticks &amp; Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk</p>	<p><b>19</b> No School!</p>
<p><b>22</b> A. Macaroni &amp; Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Baked Beans Fresh Pear Milk</p>	<p><b>23</b> A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs  Fresh Broccoli Diced Peaches Milk</p>	<p><b>24</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens &amp; Tomato Sliced Apples Milk</p>	<p><b>25</b> A. Mini Pancakes &amp; Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrown Stars 100% Juice Milk</p>	<p><b>26</b> A. Penne Pasta &amp; Meat Sauce B. Taco Salad C. Bosco Sticks with Marinara  Steamed Corn Cinnamon Applesauce Milk</p>
<p><b>29</b> A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Baby Carrots Diced Peaches Milk</p>	<p><b>30</b> A. Walking Taco B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Refried Beans Fresh Apple Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>

Farms Breakfast \$1.75

Available Daily

Cereal  
Muffin or Breakfast Bread  
Cereal Bar  
Yogurt  
Bagel

Daily Specials

Mon.- Pancake Bites  
Tues.- Fruit Smoothies  
Wed.- Egg, Sausage & Cheese Muffin  
Thurs.- Cheese Omelet  
Fri.- 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**

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!**