

# AUGUST | 2019

## Farms Intermediate Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30 New Farms Meal Prices Breakfast- \$2.00 Lunch- \$2.75	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Garden Salad with Grilled Chicken C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Fresh Apple Milk	22 A. Mini Pancakes & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Stars 100% Juice Milk	23 A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Oven Baked French Fries Fun Flavored Applesauce Milk
26 A. Macaroni & Cheese B. Taco Salad C. Popcorn Chicken with a Whole Grain Roll Fresh Broccoli & Cauliflower Diced Peaches Milk	27 A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs  Refried Beans Apple Slices Milk	28 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Garden Salad with Grilled Chicken C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Fresh Pear Milk	29 A. Mini Cinnis & Sausage B. Taco Salad C. Chicken Patty on a Whole Grain Bun  Hashbrown Patty 100% Juice Milk	30 No School!

**Student Lunch \$2.75**

**Farms Breakfast \$2.00**

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.- Scrambled Eggs  
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 Goldfish Crackers**

**Granola**

**Included Vegetable, Fruit, Fruit  
& Veggie Bar and Milk**

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!

# SEPTEMBER | 2019



## Farms Intermediate Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>2</b></p> <p>No School!</p>	<p><b>3</b></p> <p>A. Beef Soft Taco B. Chicken Caesar Salad C. Mini Corn Dogs</p> <p>Hummus &amp; Carrot Sticks Fresh Apple Milk</p>	<p><b>4</b></p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Garden Salad with Grilled Chicken C. Chicken Nuggets with a Whole Grain Roll</p> <p>Salad Greens &amp; Tomato Fresh Pear Milk</p>	<p><b>5</b></p> <p>A. French Toast Sticks &amp; Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll</p> <p>Hashbrown Stars 100% Juice Milk</p>	<p><b>6</b></p> <p>A. Chicken Pot Pie B. Chicken Caesar Salad C. Bosco Sticks with Marinara</p> <p>Mashed Potatoes &amp; Gravy Strawberry and Blueberry Mix Milk</p>
<p><b>9</b></p> <p>A. Grilled Cheese B. Taco Salad C. Popcorn Chicken with a Whole Grain Roll</p> <p>Tomato Soup Diced Peas Milk</p>	<p><b>10</b></p> <p>A. Walking Taco B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun</p> <p>Steamed Carrots Fresh Grapes Milk</p>	<p><b>11</b></p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Garden Salad with Grilled Chicken C. Chicken Nuggets with a Whole Grain Roll</p> <p>Salad Greens &amp; Tomato Fresh Apple Slices Milk</p>	<p><b>12</b></p> <p>A. Apple Cinnamon Texas Toast &amp; Sausage B. Taco Salad C. Chicken Patty on a Whole Grain Bun</p> <p>Hashbrown Patty 100% Juice Milk</p>	<p><b>13</b></p> <p>A. Fish Nuggets with a Whole Grain Breadstick B. Chicken Caesar Salad C. Bosco Sticks with Marinara</p> <p>Baked Beans Raisins Milk</p>
<p><b>16</b></p> <p>A. Crazy Cheesy Bread B. Taco Salad C. Popcorn Chicken with a Whole Grain Roll</p> <p>Steamed Mixed Veggies Fresh Apple Milk</p>	<p><b>17</b></p> <p>A. Bean and Cheese Tostada Bowl B. Chicken Caesar Salad C. Mini Corn Dogs</p> <p>Black Beans &amp; Salsa Diced Peas Milk</p>	<p><b>18</b></p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Garden Salad with Grilled Chicken C. Chicken Nuggets with a Whole Grain Roll</p> <p>Salad Greens &amp; Tomato Orange Slices Milk</p>	<p><b>19</b></p> <p>A. Scrambled Eggs &amp; Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll</p> <p>Hashbrown Stars 100% Juice Milk</p>	<p><b>20</b></p> <p>A. Chicken Drumstick with a Whole Grain Roll B. Chicken Caesar Salad C. Bosco Sticks with Marinara</p> <p>Potato Wedges Fun Flavored Applesauce Milk</p>
<p><b>23</b></p> <p>A. Penne Pasta &amp; Meat Sauce B. Taco Salad C. Popcorn Chicken with a Whole Grain Roll</p> <p>Steamed Corn Diced Peaches Milk</p>	<p><b>24</b></p> <p>A. Chili Cheese Max Wrap B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun</p> <p>Refried Beans Fresh Apple Slices Milk</p>	<p><b>25</b></p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Garden Salad with Grilled Chicken C. Chicken Nuggets with a Whole Grain Roll</p> <p>Salad Greens &amp; Tomato Fresh Pear Milk</p>	<p><b>26</b></p> <p>A. Mini Cinnis &amp; Sausage B. Taco Salad C. Chicken Patty on a Whole Grain Bun</p> <p>Hashbrown Patty 100% Juice Milk</p>	<p><b>27</b></p> <p>A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara</p> <p>Fresh Broccoli &amp; Cauliflower Pineapple Tidbits Milk</p>
<p><b>30</b></p> <p>A. Ham &amp; Cheese on a Whole Grain Sub B. Taco Salad C. Popcorn Chicken with a Whole Grain Roll</p> <p>Hummus &amp; Baby Carrots Fresh Apple Milk</p>	<p><b>1</b></p> <p>A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs</p> <p>Steamed Green Beans Peach Cup Milk</p>	<p><b>2</b></p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Garden Salad with Grilled Chicken C. Chicken Nuggets with a Whole Grain Roll</p> <p>Salad Greens &amp; Tomato Fresh Pear Milk</p>	<p><b>3</b></p> <p>A. Mini Vanilla Pancakes &amp; Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll</p> <p>Hashbrown Stars 100% Juice Milk</p>	<p><b>4</b></p> <p>A. Mashed Potato Bowl B. Chicken Caesar Salad C. Bosco Sticks with Marinara</p> <p>Mashed Potatoes &amp; Gravy Strawberry &amp; Blueberry Mix Milk</p>

### Student Lunch \$2.75

### Farms Breakfast \$2.00

#### Available Daily

Cereal

Muffin or Breakfast Bread

Cereal Bar

Yogurt

Bagel

#### Daily Specials

Pancake Bites

Fruit Smoothies

Wed.- Egg, Sausage & Cheese Muffin

Thurs.- Scrambled Eggs

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 Goldfish Crackers

Granola

Included Vegetable, Fruit, Fruit  
& Veggie Bar and Milk

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!