



AUGUST | 2018

Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28 A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs Fresh Broccoli Fresh Apple Milk	29 A. Hungry Howie's Pizza and a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Orange Slices Milk	30 A. Mini Pancakes & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk	31 No School!

Farms Breakfast \$1.75

Available Daily

- Cereal
- Muffin or Breakfast Bread
- Cereal Bar
- Yogurt
- Bagel

Daily Specials

- Monday- Pancake Bites
- Tuesday- Fruit Smoothies
- Wednesday- Egg, Sausage & Cheese Muffin
- Thursday- Cheese Omelet
- 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!



SEPTEMBER | 2018

Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 No School!	4 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Black Beans Apple Slices Milk	5 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Fresh Pear Milk	6 A. Mini Cinnis & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk	7 A. Penne Pasta & Meat Sauce B. Taco Salad C. Bosco Sticks with Marinara Baby Carrots Pineapple Tidbits Milk
10 A. Macaroni & Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Hummus & Baby Carrots Fresh Apple Milk	11 A. Walking Taco B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Steamed Green Beans Mixed Fruit Milk	12 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Clementine Milk	13 A. Mini Eggo Waffles & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk	14 BBQ Chicken Quesadilla B. Taco Salad C. Bosco Sticks with Marinara Oven Baked Curly Fries Fun Flavored Applesauce Milk
17 A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Celery & Carrot Sticks Diced Pears Milk	18 A. Beef Soft Tacos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Black Beans Grapes Milk	19 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Apple Slices Milk	20 A. Mini Blueberry Pancakes & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk	21 A. Mashed Potato Bowl B. Taco Salad C. Bosco Sticks with Marinara Mashed Potatoes & Gravy Raisins Milk
24 A. Twisted Grilled Cheese & Tomato Soup B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Tomato Soup Fresh Apple Milk	25 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Refried Beans Diced Pears Milk	26 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Orange Slices Milk	27 A. French Toast Sticks & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk	28 A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara Oven Baked French Fries Cinnamon Applesauce Milk

Farms Breakfast \$1.75

Available Daily

Cereal
 Muffin or Breakfast Bread
 Cereal Bar
 Yogurt
 Bagel

Daily Specials

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

4th LUNCH Choice available every day!

Yogurt Boat

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