



DECEMBER | 2017

Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 A. Mini Eggo Waffles & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrowns 100% Juice Milk
4 A. Macaroni & Cheese B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Steamed Green Beans Diced Peaches Milk	5 A. Beef Tacos B. Chicken Caesar Salad C. Mini Corn Dogs Refried Beans Fresh Pear Milk	6 A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Fresh Apple Milk	7 A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara Fresh Broccoli & Cauliflower Raisins Milk	8 A. French Toast Sticks & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll Tater Tots 100% Juice Milk
11 A. Stuffed Grilled Cheese & Tomato Soup B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Roll Tomato Soup Diced Peaches Milk	12 A. Reduced Fat Doritos Walking Taco B. Chicken Caesar Salad C. Corn Dog Steamed Broccoli Banana Milk	13 A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Apple Slices Milk	14 A. Chicken Drumstick with a Whole Grain Roll B. Chicken Caesar Salad C. Bosco Sticks with Marinara Mashed Potatoes & Gravy Pineapple Tidbits Milk	15 A. Mini Pancakes & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll Emoji Fries 100% Juice Milk
18 A. Pizza Bosco B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Baby Carrots Fresh Apple Milk	19 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Steamed Corn Mixed Fruit Milk	20 A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Diced Peaches Milk RED & GREEN SNOW!	21 No School!	22 No School!
25 No School!	26 No School!	27 No School!	28 No School!	29 No School!

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, Graham Cracker, Granola, Vegetable, Fruit
 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!