



# OCTOBER | 2018

## Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> A. Hot Ham & Cheese on a Pretzel Bun B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Baked Beans Apple Slices Milk	<b>2</b> A. Walking Taco B. Chicken Caesar Salad C. Mini Corn Dogs  Steamed Corn Diced Peaches Milk	<b>3</b> 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	<b>4</b> A. Apple Cinnamon Texas Toast & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk	<b>5</b> Penne Pasta & Meat Sauce B. Taco Salad C. Bosco Sticks with Marinara  Baby Carrots Pineapple Tidbits Milk
<b>8</b> A. Macaroni & Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll  Steamed Green Beans Fresh Apple Milk	<b>9</b> A. Beef Soft Tacos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Hummus & Baby Carrots Mixed Fruit Milk <b>COOKIE!</b>	<b>10</b> 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	<b>11</b> A. Mini Pancakes & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Stars 100% Juice Milk	<b>12</b> A. BBQ Chicken Quesadilla B. Taco Salad C. Bosco Sticks with Marinara  Oven Baked Curly Fries Fun Flavored Applesauce Milk
<b>15</b> A. Twisted Grilled Cheese & Tomato Soup B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Tomato Soup Diced Pears Milk	<b>16</b> A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs  Black Beans Grapes Milk	<b>17</b> 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	<b>18</b> A. Turkey Sausage, Egg & Cheese Stuffed Bosco Sticks B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk	<b>19</b> A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara  Celery & Carrot Sticks Raisins Milk
<b>22</b> A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll  Fresh Broccoli & Cauliflower Fresh Apple Milk	<b>23</b> A. Walking Taco B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Refried Beans Diced Pears Milk	<b>24</b> 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	<b>25</b> A. Mini Cinnis & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Stars 100% Juice Milk	<b>26</b> A. Mashed Potato Bowl B. Taco Salad C. Bosco Sticks with Marinara  Mashed Potatoes & Gravy Cinnamon Applesauce Milk
<b>29</b> A. Penne Pasta & Meat Sauce B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Steamed Corn Diced Pears Milk	<b>30</b> A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs  Baby Carrots Apple Slices Milk <b>FROZEN HALLOWEEN TREAT!</b>	<b>31</b> 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		

### 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!