



# DECEMBER | 2018

## Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Steamed Green Beans Fresh Apple Milk	4 A. Walking Taco B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Steamed Corn Mixed Fruit 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 Clementine Milk	6 A. Turkey Sausage, Egg & Cheese Stuffed Bosco Sticks B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk	7 A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara  Oven Baked Curly Fries Fun Flavored Applesauce Milk
10 A. Macaroni & Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Celery & Carrot Sticks Diced Pears Milk	11 A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs  Black Beans Grapes Milk RED & GREEN SNOW!	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 Apple Slices Milk	13 A. Mini Pancakes & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk	14 A. BBQ Chicken Quesadilla B. Taco Salad C. Bosco Sticks with Marinara  Fresh Broccoli Raisins Milk
17 A. Penne Pasta & Meat Sauce B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Baked French Fries Fresh Apple Milk	18 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Refried Beans Diced Pears 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 100% Juice Milk	20  No School!	21  No School!
24  No School!	25  No School!	26  No School!	27  No School!	28  No School!
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!