



NOVEMBER | 2018

Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 A. Mini Waffles & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk	2 A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara Baked Beans Pineapple Tidbits Milk
5 A. Macaroni & Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Hummus & Baby Carrots Fresh Apple Milk	6 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Steamed Green Beans Mixed Fruit Milk	7 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	8 A. Mini Blueberry Pancakes & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk	9 A. Hot Ham & Cheese on a Pretzel Bun B. Taco Salad C. Bosco Sticks with Marinara Oven Baked Fries Fun Flavored Applesauce Milk
12 A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Celery & Carrot Sticks Diced Pears Milk	13 A. Walking Taco B. Chicken Caesar Salad C. Mini Corn Dogs Black Beans Grapes Milk	14 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	15 A. Mini Cinnis & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk	16 A. Mashed Potato Bowl B. Taco Salad C. Bosco Sticks with Marinara Baby Carrots Raisins Milk
18 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	20 A. Beef Soft Tacos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Refried Beans Diced Peaches Milk COOKIE!	21 No School!	22 No School!	23 No School!
25 A. BBQ Chicken Quesadilla B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Baked Beans Apple Slices Milk	27 A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs Steamed Corn Diced Pears Milk	28 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Fresh Pear Milk	29 A. French Toast Sticks & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk	30 A. Penne Pasta & Meat Sauce B. Taco Salad C. Bosco Sticks with Marinara Baby Carrots Pineapple Tidbits 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!