



FEBRUARY | 2019

Farms Intermediate Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 A. Chicken Drumstick B. Taco Salad C. Bosco Sticks with Marinara Mashed Potatoes & Gravy Pineapple Tidbits Milk</p>
<p>4 A. Penne Pasta & Meat Sauce B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Steamed Green Beans Fresh Apple Milk</p>	<p>5 A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs Black Beans Mixed Fruit Milk</p>	<p>6 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Orange Slices Milk</p>	<p>7 A. Mini Pancakes & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk</p>	<p>8 A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara Oven Baked Curly Fries Fun Flavored Applesauce Milk</p>
<p>11 A. Macaroni & Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Celery & Carrot Sticks Diced Pears Milk</p>	<p>12 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Refried Beans Grapes Milk VALENTINE'S DAY TREAT!</p>	<p>17 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</p>	<p>14 A. Mini Waffles & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk</p>	<p>15 A. Mashed Potato Bowl B. Taco Salad C. Bosco Sticks with Marinara Mashed Potatoes & Gravy Raisins Milk</p>
<p>18 A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Hummus & Carrot Sticks Fresh Apple Milk</p>	<p>19 A. Walking Taco B. Chicken Caesar Salad C. Mini Corn Dogs Steamed Corn Diced Pears Milk</p>	<p>26 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Warm Cinnamon Apple Slices Milk</p>	<p>21 A. Mini Blueberry Pancakes & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk</p>	<p>22 No School!</p>
<p>25 A. Twisted Grilled Cheese & Tomato Soup B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Tomato Soup Diced Peaches Milk</p>	<p>26 A. Beef Soft Tacos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Black Beans Apple Slices Milk</p>	<p>27 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</p>	<p>28 A. Mini Cinnis & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk</p>	<p>1</p>

Farms Breakfast \$1.75

Available Daily

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

Daily Specials

- Mon.- Pancake Bites
 - Tues.- Fruit Smoothies
 - Wed.- Egg, Sausage & Cheese Muffin
 - Thurs.- Cheese Omelet
 - Fri.- 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

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!