



JANUARY | 2018

Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No School!	2 No School!	3 A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Diced Pears Milk	4 A. Pasta & Meat Sauce B. Chicken Caesar Salad C. Bosco Sticks with Marinara Baby Carrots Raisins Milk	5 A. Mini Pancakes & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll Hashbrowns 100% Juice Milk
8 A. Macaroni & Cheese B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Baby Carrots Diced Peaches Milk	9 A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs Refried Beans Pineapple Tidbits Milk	10 A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Grapes Milk	11 A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara Oven Baked French Fries Banana Milk	12 A. Mini Cinnis & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll Tater Tots 100% Juice Milk
15 No School!	16 A. Reduced Fat Doritos Walking Taco B. Chicken Caesar Salad C. Corn Dog Hummus & Carrots Sticks Diced Pears Milk	17 A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Fresh Apple Milk	18 A. Chicken Drumstick with a Whole Grain Roll B. Chicken Caesar Salad C. Bosco Sticks with Marinara Fresh Broccoli & Cauliflower Diced Peaches Milk	19 A. Mini Strawberry Stuffed Bagels B. Taco Salad C. Chicken Tenders with a Whole Grain Roll Hashbrowns 100% Juice Milk
22 A. Pizza Bosco Stick B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Steamed Green Beans Mixed Fruit Milk	23 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Black Beans Fresh Pear Milk	24 A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Fresh Apple Milk	25 A. Hot Ham & American Cheese on a Pretzel Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara Oven Baked Curly Fries Raisins Milk	26 No School For Students!
29 A. Crazy Cheesy Bread B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Baked Beans Diced Peaches Milk	30 A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs Steamed Corn Apple Sliced Milk	31 A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Fresh Orange Slices Milk		

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!