



JANUARY | 2019

Farms Intermediate Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31</p> <p>No School!</p>	<p>1</p> <p>No School!</p>	<p>2 A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Diced Peaches Milk</p>	<p>3 A. Mini Waffles & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk</p>	<p>4 Penne Pasta & Meat Sauce B. Taco Salad C. Bosco Sticks with Marinara Baby Carrots Pineapple Tidbits Milk</p>
<p>7 A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Steamed Green Beans Fresh Apple Milk</p>	<p>8 A. Walking Taco B. Chicken Caesar Salad C. Mini Corn Dogs Black Beans Mixed Fruit Milk</p>	<p>9 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>10 Mini Blueberry Pancakes & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk</p>	<p>11 A. Hot Italian Sub B. Taco Salad C. Bosco Sticks with Marinara Oven Baked Curly Fries Fun Flavored Applesauce Milk</p>
<p>14 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>15 A. Beef Soft Tacos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Refried Beans Grapes Milk</p>	<p>16 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>17 A. Mini Cinnis & Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk</p>	<p>18</p> <p>No School!</p>
<p>21</p> <p>No School!</p>	<p>22 A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs Steamed Corn Fresh Apple Milk</p>	<p>23 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</p>	<p>24 A. French Toast Sticks & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk</p>	<p>25 A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara Baked Beans Cinnamon Applesauce Milk</p>
<p>28 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>29 A. Walking Taco B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Refried Beans Apple Slices Milk</p>	<p>30 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>31 A. Turkey Sausage, Egg & Cheese Stuffed Bosco Stick 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

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

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!