



MARCH | 2018

Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 A. 3-2-1 Lunch Includes 3 Chicken Sticks, 2 Chicken Nuggets & 1 Cheese Cruncher B. Chicken Caesar Salad C. Bosco Sticks with Marinara Fresh Broccoli Raisins Milk	2 A. Mini Eggo Waffles & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll Tater Tots 100% Juice Milk
5 A. Stuffed Grilled Cheese & Tomato Soup B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Tomato Soup Apple Slices Milk	6 A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Steamed Corn Mixed Fruit Milk	7 A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Fresh Orange Slices Milk	8 A. Chicken Drumstick with a Whole Grain Roll B. Chicken Caesar Salad C. Bosco Sticks with Marinara Baked Beans Applesauce Milk	9 A. Mini Pancakes & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrowns 100% Juice Milk
12 A. Crazy Cheesy Bread B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Hummus & Carrots Sticks Diced Peaches Milk	13 A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs Fresh Broccoli Raisins Milk	14 A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Fresh Apple Milk	15 Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara Oven Baked French Fries Diced Pears Milk	16 A. Mini Cinnis & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll Tater Tots 100% Juice Milk
19 A. Macaroni & Cheese B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll Baby Carrots Fresh Pear Milk	20 A. Reduced Fat Doritos Walking Taco B. Chicken Caesar Salad C. Corn Dog Black Beans Fun Flavored Applesauce Milk	21 A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Grapes Milk	22 A. Hot Ham & Cheese on a Pretzel Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara Steamed Green Beans Diced Peaches Milk	25 A. Mini Blueberry Pancakes & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrowns 100% Juice Milk
26 No School!	27 No School!	28 No School!	29 No School!	30 No School!

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,

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, & 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!