



MARCH | 2019

Farms Intermediate Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>1</p> <p>A. Chicken Drumstick B. Taco Salad C. Bosco Sticks with Marinara Mashed Potatoes & Gravy Raisins Milk</p>
<p>4</p> <p>A. Grilled Cheese & Tomato Soup B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Tomato Soup Fresh Apple Milk</p>	<p>5</p> <p>A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs Black Beans Mixed Fruit Milk</p>	<p>6</p> <p>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</p> <p>A. French Toast Sticks & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk</p>	<p>8</p> <p>A. Penne Pasta & Meat Sauce B. Taco Salad C. Bosco Sticks with Marinara Fresh Broccoli Diced Pears Milk</p>
<p>11</p> <p>A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Steamed Green Beans Warm Cinnamon Apple Slices Milk</p>	<p>12</p> <p>A. Walking Taco B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun Refried Beans Grapes Milk</p>	<p>13</p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens & Tomato Clementines Milk</p>	<p>14</p> <p>A. Turkey Sausage, Egg & Cheese Stuffed Bosco Stick B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll Hashbrown Patty 100% Juice Milk</p>	<p>15</p> <p>A. Hot Italian Sub B. Taco Salad C. Bosco Sticks with Marinara Celery & Carrot Sticks Fun Flavored Applesauce Milk ST. PATTY'S DAY COOKIE!</p>
<p>18</p> <p>A. Macaroni & Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Baked Beans Fresh Apple Milk</p>	<p>19</p> <p>A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs Steamed Corn Diced Peaches Milk</p>	<p>20</p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens & Tomato Fresh Pear Milk</p>	<p>21</p> <p>A. Mini Pancakes & Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll Hashbrown Stars 100% Juice Milk</p>	<p>22</p> <p>A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara Oven Baked French Fries Cinnamon Applesauce Milk</p>
<p>25</p> <p>No School!</p>	<p>26</p> <p>No School!</p>	<p>27</p> <p>No School!</p>	<p>28</p> <p>No School!</p>	<p>29</p> <p>No School!</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!