



# MAY | 2017

## Farms Intermediate Lunch Menu

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>1</b> A. Pizza Bosco Stick<br>B. Garden Salad with Turkey & Ham<br>C. Popcorn Chicken with a Whole Grain Roll<br><br>Potato Wedges<br>Diced Peaches<br>Milk                | <b>2</b> A. Beef Nachos<br>B. Chicken Caesar Salad<br>C. Hot Dog on a Whole Grain Bun<br><br>Black Beans<br>Fresh Apple<br>Milk                              | <b>3</b> A. Little Caesar's Pizza<br>B. Taco Salad<br>C. Chicken Nuggets with a Whole Grain Roll<br><br>Salad Greens & Tomato<br>Fresh Grapes<br>Milk  | <b>4</b> A. Mini Waffles & Sausage<br>B. Chicken Caesar Salad<br>C. Spicy Chicken Patty on a Whole Grain Bun<br><br>Hashbrowns<br>100% Juice<br>Milk                         | <b>5</b> A. Grilled Cheese & Tomato Soup<br>B. Taco Salad<br>C. Bosco Sticks with Marinara<br><br>Tomato Soup<br>Raisins<br>Milk                    |
| <b>8</b> A. 3- Cheese Calzone<br>B. Garden Salad with Turkey & Ham<br>C. Popcorn Chicken with a Whole Grain Roll<br><br>Fresh Broccoli & Cauliflower<br>Orange Slices<br>Milk | <b>9</b> A. Beef Tacos (choice of hard or soft shells)<br>B. Chicken Caesar Salad<br>C. Corn Dog<br><br>Refried Beans<br>Fun Flavored Applesauce Cup<br>Milk | <b>10</b> A. Little Caesar's Pizza<br>B. Taco Salad<br>C. Chicken Patty on a Whole Grain Bun<br><br>Salad Greens & Tomato<br>Fresh Pear<br>Milk        | <b>11</b> A. Mini Pancakes & Sausage<br>B. Chicken Caesar Salad<br>C. Spicy Chicken Tenders with a Whole Grain Roll<br><br>Potato Smiles<br>100% Juice<br>Milk               | <b>12</b> A. Chicken Drumstick with a Whole Grain Roll<br>B. Taco Salad<br>C. Bosco Sticks with Marinara<br><br>Baby Carrots<br>Fresh Apple<br>Milk |
| <b>15</b> A. Crazy Cheesy Bread<br>B. Garden Salad with Turkey & Ham<br>C. Popcorn Chicken with a Whole Grain Roll<br><br>Garbanzo Beans<br>Diced Pears<br>Milk               | <b>16</b> A. Walking Taco<br>B. Chicken Caesar Salad<br>C. Mini Corn Dogs<br><br>Steamed Peas<br>Pineapple Tidbits<br>Milk                                   | <b>17</b> A. Little Caesar's Pizza<br>B. Taco Salad<br>C. Chicken Nuggets with a Whole Grain Roll<br><br>Salad Greens & Tomato<br>Apple Slices<br>Milk | <b>18</b> A. Mini Cinnis & Sausage<br>B. Chicken Caesar Salad<br>C. Spicy Chicken Patty on a Whole Grain Bun<br><br>Tater Tots<br>100% Juice<br>Milk                         | <b>19</b> A. Cheeseburger on a Whole Grain Bun<br>B. Taco Salad<br>C. Bosco Sticks with Marinara<br><br>Oven Baked Fries<br>Applesauce<br>Milk      |
| <b>22</b> A. Macaroni & Cheese<br>B. Garden Salad with Turkey & Ham<br>C. Popcorn Chicken with a Whole Grain Roll<br><br>Hummus & Carrots<br>Fresh Apple Slices<br>Milk       | <b>23</b> A. Mini Quesadilla<br>B. Chicken Caesar Salad<br>C. Hot Dog on a Whole Grain Bun<br><br>Steamed Corn<br>Diced Pears<br>Milk                        | <b>24</b> A. Little Caesar's Pizza<br>B. Taco Salad<br>C. Chicken Patty on a Whole Grain Bun<br><br>Salad Greens & Tomato<br>Orange Slices<br>Milk     | <b>25</b> A. Mini Strawberry Stuffed Bagels & Sausage<br>B. Chicken Caesar Salad<br>C. Spicy Chicken Tenders with a Whole Grain Roll<br><br>Hashbrowns<br>100% Juice<br>Milk | <b>26</b> A. Pasta & Meat Sauce<br>B. Taco Salad<br>C. Bosco Sticks with Marinara<br><br>Steamed Green Beans<br>Mixed Fruit<br>Milk                 |
| <b>29</b><br><br>No School!   | <b>30</b> A. Beef Tacos (choice of hard or soft shells)<br>B. Chicken Caesar Salad<br>C. Corn Dog<br><br>Steamed Corn<br>Fresh Apple<br>Milk                 | <b>31</b> A. Little Caesar's Pizza<br>B. Taco Salad<br>C. Chicken Nuggets with a Whole Grain Roll<br><br>Salad Greens & Tomato<br>Fresh Pear<br>Milk   |  |   |

### Farms Breakfast \$1.75

#### Available Daily

Cereal  
 Muffin or Breakfast Bread  
 Cereal Bar  
 Yogurt  
 Bagel

#### Daily Specials

Monday- Bagel & Cream Cheese  
 Tuesday- Oatmeal Benefit Bar  
 Wednesday- Egg, Sausage & Cheese Muffin  
 Thursday- Fruit Smoothies  
 Friday- Whole Grain Breakfast Bun

All Breakfast Meals Include  
 Fruit, 100% Juice & Milk

### **4th LUNCH Choice available every day!**

#### **Yogurt Boat**

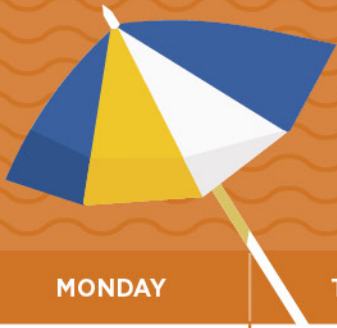
**Yogurt, String Cheese, Graham Cracker, Granola, Vegetable, Fruit Milk**

### **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!



# JUNE | 2017

## Farms Intermediate Lunch Menu

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   |   |   | <b>1</b> A. Mini Waffles & Sausage<br>B. Chicken Caesar Salad<br>C. Spicy Chicken Patty on a Whole Grain Bun<br><br>Tater Tots<br>100% Juice<br>Milk       | <b>2</b> A. Chicken Drumstick with a Whole Grain Roll<br>B. Taco Salad<br>C. Bosco Sticks with Marinara<br><br>Baked Beans<br>Diced Peaches<br>Milk |
| <b>5</b> A. Pizza Bosco Stick<br>B. Garden Salad with Turkey & Ham<br>C. Popcorn Chicken with a Whole Grain Roll<br><br>Potato Wedges<br>Diced Pears<br>Milk  | <b>6</b> A. Beef Nachos<br>B. Chicken Caesar Salad<br>C. Mini Corn Dogs<br><br>Black Beans<br>Fresh Apple<br>Milk                           | <b>7</b> A. Little Caesar's Pizza<br>B. Taco Salad<br>C. Chicken Patty on a Whole Grain Bun<br><br>Salad Greens & Tomato<br>Orange slices<br>Milk | <b>8</b> A. Mini Pancakes & Sausage<br>B. Chicken Caesar Salad<br>C. Spicy Chicken Tenders with a Whole Grain Roll<br><br>Hashbrowns<br>100% Juice<br>Milk | <b>9</b> A. Hamburger on a Whole Grain Bun<br>B. Taco Salad<br>C. Bosco Sticks with Marinara<br><br>Baby Carrots<br>Raisins<br>Milk                 |
| <b>12</b> A. Crazy Cheesy Bread<br>B. Garden Salad with Turkey & Ham<br>C. Popcorn Chicken with a Whole Grain Roll<br><br>Steamed Corn<br>Mixed Fruit<br>Milk | <b>13</b> A. Walking Taco<br>B. Chicken Caesar Salad<br>C. Hot Dog on a Whole Grain Bun<br><br>Refried Beans<br>Cinnamon Applesauce<br>Milk | <b>14</b> A. Little Caesar's Pizza<br>B. Taco Salad<br>C. Yogurt Boat<br><br>Salad Greens & Tomato<br>Fresh Apple<br>Milk                         | <b>15</b><br><br>BREAKFAST WILL BE SERVED!!<br>Last Day of School!<br>½ Day!<br>No Lunch!  | <b>16</b>   |
| <b>19</b>   | <b>20</b>   | <b>21</b>   | <b>22</b>  | <b>23</b>   |
| <b>HAVE A SAFE AND HAPPY SUMMER!!</b>   |   |   |  |   |
| <b>26</b>   | <b>27</b>   | <b>28</b>   | <b>29</b>  | <b>30</b>   |

### Farms Breakfast \$1.75

#### Available Daily

Cereal  
 Muffin or Breakfast Bread  
 Cereal Bar  
 Yogurt  
 Bagel

#### Daily Specials

Monday- Bagel & Cream Cheese  
 Tuesday- Oatmeal Benefit Bar  
 Wednesday- Egg, Sausage & Cheese Muffin  
 Thursday- Fruit Smoothies  
 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!