

# MAY | 2019



## Farms Intermediate Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>29</b></p>	<p><b>30</b></p>	<p><b>1</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens &amp; Tomato Fresh Pear Milk</p>	<p><b>2</b> A. Mini Waffles &amp; Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk</p>	<p><b>3</b> A. Mashed Potato Bowl B. Taco Salad C. Bosco Sticks with Marinara  Mashed Potatoes &amp; Gravy Pineapple Tidbits Milk</p>
<p><b>6</b> A. Cheeseburger on a Whole Grain Bun B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Oven Baked French Fries Fresh Apple Milk</p>	<p><b>7</b> A. Beef Soft Tacos B. Chicken Caesar Salad C. Mini Corn Dogs  Hummus &amp; Carrot Sticks Mixed Fruit Milk</p>	<p><b>8</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens &amp; Tomato Orange Slices Milk</p>	<p><b>9</b> A. Mini Cinnis &amp; Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrown Stars 100% Juice Milk</p>	<p><b>10</b> A. Hot Italian Sub B. Taco Salad C. Bosco Sticks with Marinara  Fresh Broccoli &amp; Cauliflower Diced Peas Milk</p>
<p><b>13</b> A. Macaroni &amp; Cheese B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Celery &amp; Carrot Sticks Warm Cinnamon Apple Slices Milk</p>	<p><b>14</b> A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Black Beans Fresh Pear Milk</p>	<p><b>15</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens &amp; Tomato Fresh Apple Milk</p>	<p><b>16</b> A. Mini Pancakes &amp; Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk</p>	<p><b>17</b> A. Penne Pasta &amp; Meat Sauce B. Taco Salad C. Bosco Sticks with Marinara  Steamed Green Beans Fun Flavored Applesauce Milk</p>
<p><b>20</b> A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll Steamed Corn Fresh Apple Milk</p>	<p><b>21</b> A. Walking Taco B. Chicken Caesar Salad C. Mini Corn Dogs  Steamed Corn Diced Peaches Milk</p>	<p><b>22</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll Salad Greens &amp; Tomato Fresh Pear Milk</p>	<p><b>23</b> A. French Toast Sticks &amp; Sausage B. Chicken Caesar Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrown Stars 100% Juice Milk</p>	<p><b>24</b> A. Chicken Drumstick &amp; a Whole Grain Roll B. Taco Salad C. Bosco Sticks with Marinara  Mashed Potatoes &amp; Gravy Applesauce Milk</p>
<p><b>27</b> No School!</p>	<p><b>28</b> A. Beef Soft Tacos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Refried Beans Diced Peas Milk</p>	<p><b>29</b> A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun Salad Greens &amp; Tomato Pineapple Tidbits Milk</p>	<p><b>30</b> A. Mini Blueberry Pancakes &amp; Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Roll  Hashbrown Patty 100% Juice Milk</p>	<p><b>31</b> A. Cheeseburger on a Whole Grain Bun B. Taco Salad C. Bosco Sticks with Marinara  Oven Baked French Fries Fresh Pear Milk</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, & Veggie Bar and Milk

### Student Lunch \$2.50

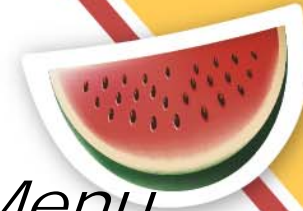
Our FIS Fruit & Veggie Bar has a variety of fruit and veggies every day.

Students purchasing lunch can choose as many fruits and veggies as they can eat!

Please note that all lunch account balances must be paid in full by the end of the school year.

If you have questions, please call 810-626-2868.

# JUNE | 2019



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MONDAY

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THURSDAY

FRIDAY

<p><b>3</b></p> <p>A. Crazy Cheesy Bread B. Garden Salad with Grilled Chicken C. Popcorn Chicken with a Whole Grain Roll</p> <p>Fresh Broccoli Fresh Apple Milk</p>	<p><b>4</b></p> <p>A. Beef Nachos B. Chicken Caesar Salad C. Mini Corn Dogs</p> <p>Black Beans Mixed Fruit Milk</p>	<p><b>5</b></p> <p>A. Hungry Howie's Pizza with a Whole Grain Breadstick B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll</p> <p>Salad Greens &amp; Tomato Diced Pears Milk</p>	<p><b>6</b></p> <p>A. Mini Pancakes &amp; Sausage B. Chicken Caesar Salad C. Chicken Tenders with a Whole Grain Breadstick</p> <p>(NO Yogurt Boat Today)</p> <p>Fruit &amp; Veggie Bar Milk SPECIAL TREAT!</p>	<p><b>7</b></p> <p>Last Day of School!  ½ Day of School!  No Lunch!  Breakfast will be available at Farms!</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

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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! (Not available on the last day of lunch)

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.

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