



# OCTOBER | 2017

## Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> A. Crazy Cheesy Bread B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Garbanzo Beans Diced Pears Milk	<b>3</b> A. Beef Tacos B. Chicken Caesar Salad C. Mini Corn Dogs  Steamed Broccoli Raisins Milk	<b>4</b> A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll  Salad Greens & Tomato Apple Slices Milk	<b>5</b> A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Emoji Fries Pineapple Tidbits Milk	<b>6</b> A. Mini Pancakes & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrowns 100% Juice Milk
<b>9</b> A. Pasta & Meat Sauce B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Steamed Corn Fresh Apple Milk	<b>10</b> A. Reduced Fat Doritos Walking Taco B. Chicken Caesar Salad C. Corn Dog  Black Beans Diced Pears Milk	<b>11</b> A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun  Salad Greens & Tomato Fresh Orange Slices Milk	<b>12</b> A. Hot Ham & American Cheese on a Pretzel Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Oven Baked French Fries Peaches Milk	<b>13</b> A. Mini Eggo Waffles & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll  Tater Tots 100% Juice Milk
<b>16</b> A. Macaroni & Cheese B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Hummus & Carrot Sticks Fresh Apple Slices Milk	<b>17</b> A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Steamed Carrots Mixed Fruit Milk	<b>18</b> A. Domino's Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll  Salad Greens & Tomato Fresh Pear Milk	<b>19</b> A. Chicken Drumstick with a Whole Grain Roll B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Oven Baked Potato Wedges Applesauce Milk	<b>20</b> A. French Toast Sticks & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrowns 100% Juice Milk
<b>23</b> A. Stuffed Grilled Cheese & Tomato Soup B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Roll Hummus & Carrot Sticks Fresh Apple Milk	<b>24</b> A. Beef Tacos B. Chicken Caesar Salad C. Mini Corn Dogs  Black Beans Fun Flavored Applesauce Milk	<b>25</b> A. Domino's Pizza B. Taco Salad C. Chicken Patty on a Whole Grain Bun  Salad Greens & Tomato Grapes Milk	<b>26</b> A. 3-2-1 Lunch- Includes 3 Chicken Sticks, 2 Chicken Nuggets & 1 Cheese Cruncher B. Chicken Caesar Salad C. Bosco Sticks with Marinara Curly Potatoes Fresh Orange Slices Milk	<b>27</b> A. Mini Cinnis & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll  Tater Tots 100% Juice Milk
<b>30</b> A. Cheeseburger on a Whole Grain Bun B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Fresh Broccoli, Peaches Milk	<b>31</b> A. Reduced Fat Doritos Walking Taco B. Chicken Caesar Salad C. Corn Dog  Refried Beans Fresh Pear Milk			

### 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, 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!