



# SEPTEMBER | 2017

## Farms Intermediate Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>4</b>	<b>5</b> A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Black Beans Fresh Apple Slices Milk	<b>6</b> A. Pepperoni Pizza Bites B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll  Salad Greens & Tomato Fresh Pear Milk	<b>7</b> A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Oven Baked French Fries Fresh Apple Milk	<b>8</b> A. Mini Pancakes & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrowns 100% Juice Milk
<b>11</b> A. Crazy Cheesy Bread B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Hummus & Carrot Sticks Fresh Apple Milk	<b>12</b> A. Beef Tacos B. Chicken Caesar Salad C. Mini Corn Dogs  Fresh Broccoli Mixed Fruit Milk	<b>13</b> A. Deep Dish Pepperoni Pizza Breadstick B. Taco Salad C. Chicken Patty on a Whole Grain Bun  Salad Greens & Tomato Orange Slices Milk	<b>14</b> A. Pasta & Meat Sauce B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Steamed Carrots Peaches Milk	<b>15</b> A. Mini Eggo Waffles & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll  Tater Tots 100% Juice Milk
<b>18</b> A. Macaroni & Cheese B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Potato Wedges Diced Pears Milk	<b>19</b> A. Reduced Fat Doritos Walking Taco B. Chicken Caesar Salad C. Corn Dog  Black Beans Fresh Pear Milk	<b>20</b> A. Personal Deep Dish Pepperoni Pizza B. Taco Salad C. Chicken Nuggets with a Whole Grain Roll  Salad Greens & Tomato Fresh Grapes Milk	<b>21</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 Baby Carrots Orange Slices Milk	<b>22</b> A. Mini Cinnis & Sausage B. Taco Salad C. Spicy Chicken Tenders with a Whole Grain Roll  Hashbrowns 100% Juice Milk
<b>25</b> A. Cheeseburger on a Whole Grain Bun B. Garden Salad with Turkey & Ham C. Popcorn Chicken with a Whole Grain Roll  Refried Beans, Fresh Apple Milk	<b>26</b> A. Beef Nachos B. Chicken Caesar Salad C. Hot Dog on a Whole Grain Bun  Steamed Corn Fun Flavored Applesauce Cup Milk	<b>27</b> A. Pepperoni Pizza Bites B. Taco Salad C. Chicken Patty on a Whole Grain Bun  Salad Greens & Tomato Fresh Pear Milk	<b>28</b> A. Chicken Drumstick with a Whole Grain Roll B. Chicken Caesar Salad C. Bosco Sticks with Marinara  Fresh Broccoli & Cauliflower Raisins Milk	<b>29</b> A. Mini Strawberry Stuffed Bagels & Sausage B. Taco Salad C. Chicken Tenders with a Whole Grain Roll  Tater Tots 100% Juice 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!