

# SEPTEMBER | 2020



## FIS- In Person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b>	<b>1</b> A. Mini Blueberry Pancakes & Sausage B. Chicken Caesar Salad  100% Juice Cup Hashbrown Stars Milk	<b>2</b> A. Mini Corn Dogs B. Taco Salad  Baby Carrots Fresh Orange Milk	<b>3</b> A. Big Daddy's Pepperoni Pizza B. Taco Salad  Salad with a Side of Ranch Fresh Apple Slices Milk	<b>4</b>  No School!
<b>7</b>  No School!	<b>8</b> A. Big Daddy's Pepperoni Pizza B. Chicken Caesar Salad  Salad with a Side of Ranch Fresh Pear Milk	<b>9</b> A. Mini Vanilla Pancakes & Sausage B. Taco Salad  100% Juice Cup Hashbrown Patty Milk	<b>10</b> A. Penne Pasta & Meat Sauce B. Chicken Caesar Salad Fresh Broccoli Fresh Apple Milk	<b>11</b>  Breakfast and Lunch Meal available to be sent home with student on Thursday afternoon
<b>14</b> A. Big Daddy's Pepperoni Pizza B. Taco Salad  Salad with a Side of Ranch Banana Milk	<b>15</b> A. Mini Corn Dogs B. Chicken Caesar Salad  Black Beans & Salsa Fresh Grapes Milk	<b>16</b> A. Macaroni & Cheese B. Taco Salad  Fresh Broccoli Pineapple Tidbits Milk	<b>17</b> A. Cheeseburger on a Whole Grain Bun B. Chicken Caesar Salad Steamed Mixed Veggies Diced Pears Milk	<b>18</b>  Breakfast and Lunch Meal available to be sent home with student on Thursday afternoon
<b>21</b> A. Big Daddy's Pepperoni Pizza B. Taco Salad  Salad with a Side of Ranch Fresh Apple Milk	<b>22</b> A. Popcorn Chicken with a Whole Grain Roll B. Chicken Caesar Salad  Baby Carrots Mixed Fruit Milk	<b>23</b> A. Hot Dog on a Whole Grain Bun B. Taco Salad  Oven Baked French Fries Fresh Pear Milk	<b>24</b> A. Crazy Cheesy Bread B. Chicken Caesar Salad  Fresh Veggie Mix Raisins Milk	<b>25</b>  Breakfast and Lunch Meal available to be sent home with student on Thursday afternoon
<b>28</b> A. Big Daddy's Pepperoni Pizza B. Taco Salad  Salad with a Side of Ranch Clementine Milk	<b>29</b> A. Beef Soft Tacos with Cheese B. Chicken Caesar Salad  Refried Beans Peach Cup Milk	<b>30</b> A. Chicken Patty on a Whole Grain Bun B. Taco Salad  Fresh Apple Potato Wedges Milk	<b>Remote Learning Day Meals</b> Breakfast and Lunch Meals are available to be sent home with students for remote learning days. Please sign up on the Student Nutrition Website.	

### Student Lunch \$2.75

BREAKFAST is available before school at every building!

Breakfast \$2.00

Available Daily-

Reduced Sugar Cereal Breakfast kit, fruit & Milk

Breakfast Daily Specials

Monday- Bagel & Cream Cheese, fruit & Milk

Tuesday- Warm Cinnamon Bread, Fruit & Milk

Wednesday- Fruit Smoothie, fruit & Milk

Thursday-Whole Grain Breakfast Bun, fruit & Milk

Free & Reduced Meals

Families with qualifying income are eligible to receive school meals at free or reduced cost. You can apply online on the main page of the ParentPortal. Forms can also be found on the HCS website or at each school.

Please be aware that the use of the Free & Reduced meal program is *confidential*, and meals are purchased just as full price meals, without identifying the student's eligibility.

Please contact our office if you have any questions regarding this program at 810-626-2867.