



School Information: FHS
Volene Walton-Manager
Choice of Milk



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



Monday

Steak Nuggets
Ranch Potato
English Peas
Breadstick
/Fruit
Choice- Sausage Dog

Tuesday

Cheeseburger
Spicy Oven Baked Fries
Green Beans
Fruit
Choice-Corndog Nuggets

Wednesday

Hotdog
Tri-Tater
Coleslaw
Whole Kernel Corn
Chilled Fruit
Choice-Chicken Taco w/wrap

Thursday

Turkey & Cheese Sandwich
Glazed Carrots
Steamed Broccoli
Fruit
Choice-Pizza

Friday

Pizza
Romaine Salad w/dressing
Baked Beans
Chilled Fruit
Choice-BBQ Sandwich

SPRING BREAK 10

SPRING BREAK 11

SPRING BREAK 12

SPRING BREAK 13

SPRING BREAK 14

Steak Sandwich 17
Pinto Beans
Steamed Broccoli w/cheese
Fresh Fruit
Choice-Pizza

Spicy Chicken Sandwich 18
Sweet Potato Fries
Green Peas
Chilled Fruit
Choice- Corndog

Fish Sandwich 19
Baked Beans
Coleslaw
Chilled Fruit
Choice-Chili Dog

Spaghetti w/meat sauce
Romaine Salad w/dressing
Corn on Cob
Breadstick/ Fruit
Choice- Hoagie Sandwich

Cheeseburger 21
Tri-Tater
Peas & Carrots
Fruit
Choice-Pizza

Chicken Fajita 24
Brown Rice
Green Peas
Breadstick
Chilled Fruit
Choice- Hamburger Steak

Steak Nuggets
Ranch Potato
Green Beans
Roll
/Fruit
Choice- Sausage Dog

Beef Soft Tacos 26
Lettuce/Cheese/Tom
Mexican Rice
Pinto Beans
Fresh Fruit
Choice: Chicken Sandwich

Corndog 27
Potato Wedges
Mixed Vegetables
Fresh Fruit
Choice- Spicy Chicken Sand.

Manager's Choice 28



April 2017

LUNCH

3

4

5

6

Monday

Tuesday

Wednesday

Thursday

Friday

20

25

