



School Information: FHS
Volene Walton, Manager
Choice of Milk Daily



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



Monday

Chicken Wrap
Lettuce/Tomato
Whole Kernel Corn
Potato Wedges/ Fruit
Choice: Sausage Dog

1

Tuesday

Turkey & Cheese Sandwich
Glazed Carrots
Steamed Broccoli w/cheese
Fruit
Choice: Pizza

2

Wednesday

Chicken & Noodle
Sweet Peas
Yam Patties
Breadsticks/ Fruit
Choice: BBQ Sandwich

3

Thursday

Shepherd Pie
Garden Salad w/cheese
Green Beans
Fruit
Choice: Corn Dog Nuggets

4

Friday

Nacho Bar w/Tortilla Chips
Ground Beef, Lettuce, Tomato
Cheese, Salsa, whole kernel corn
Fruit
Choice: Cheeseburger

5

Chicken Fajita
Brown Rice
English Peas
Breadsticks/ Fruit
Choice: Salad Plates

8

Hamburger Helper
Salad w/dressing
Green Beans
Fruit
Choice: Steak Sandwich

9

Beef Taco w/ Lettuce, Cheese
Tom. Mexican rice, Pinto Beans
Fruit
Choice: BBQ Chicken

10

Pizza
Green Peas w/ diced Potato
Romaine Salad Mix
Carrot w/ Dip / Fruit
Choice: Cheeseburger

11

Chicken Sandwich
Lettuce/Tomato
Whole Kernel Corn
Tri Tater/ Fruit
Choice: Hoagie Sandwich

12

Chicken & Rice
Green Beans
Carrot Sticks w/ Dip
Fruit
Choice: Corn Dog

15

Stir Fry over Rice
Pinto Beans
Breadsticks
Fruit
Choice: Steak Nuggets

16

Chicken Taco
Whole Kernel Corn
Tri Tater
Chilled Fruit
Choice: Sausage Dog

17

Cheeseburger
Season Potato
Peas & Carrots
Fruit
Choice: Hot dog

18

Deli Sandwich
Carrots w/ dip
Chips/ Honey Bun
Fruit
Choice: Hamburger

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