

April 2018

Fayetteville High School

LUNCH



A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie



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 employer & provider **
** Manager Reserves the right to substitute due to food availability **



Monday

Tuesday

Wednesday

Thursday

Friday

PB&J
OR
Meatloaf
Roll
Green Beans
Buttered Corn
Mixed Fruit **2**

Chicken Fajita w/wrap
OR
Hamburger on Bun
Corn on Cob
Tater Wedges
Applesauce Cups **3**

Meatball
OR
Popcorn Chicken
Sub Bun
Lettuce & Tomato
Baked Beans
Pineapple Chunk **4**

Pizza Hut Pizza
OR
Teriyaki Beef Blasters w/roll
Salad
Buttered Corn
Oranges **5**

Chicken Slider Sandwich
OR
Meatloaf w/roll
Mashed Potatoes
Peas & Carrots
Apple **6**

Chicken Strips
OR
Mini Corn Dogs
Roll
Mashed Potatoes
Steamed Broccoli w/Cheese
Mixed Fruit **9**

Meatloaf
OR
Salisbury Steak w/gravy
Pinto Beans
California Veggies
Cornbread
Pears **10**

Chicken Drumsticks
OR
Beef Fingers
Roll
Baked Beans
Veggie Tray
Applesauce Cu **11**

Pizza Hut Pizza
OR
Pulled Pork BBQ w/roll
Baked Potato
Corn on Cob
Pineapple **12**

Hamburger on Bun
OR
Hot Ham & Cheese Sandwich
Tater Tots
Side Salad
Mixed Berry Yogurt Parfait **13**

Cheesy Meatloaf
OR
Pork Chop Patty
Roll
Mac & Cheese
Steamed Broccoli
Mixed Fruit **16**

Pizza Crunchers
OR
Salisbury Steak w/roll
Mixed Veggies
French Fries
Diced Peach Cups **17**

Frito Taco Salad
OR
Chicken Sliders Sandwich
Mexican Corn
Spicy Pintos
Side Kick Fruit Slush **18**

Pizza Hut Pizza
OR
Hot dog w/bun
Green Beans
Tomato Wedges
French Fries
Oranges **19**

Slice Roast Beef Sub
OR
Pulled Pork BBQ Sandwich
Coleslaw
Sliced Tomatoes
French Fries
Apple **20**

Chicken Parmesan
OR
Meatloaf
Roll
Green Beans
Buttered Corn
Mixed Fruit **23**

Chicken Fajita w/wrap
OR
Hamburger on Bun
Corn on Cob
Tater Wedges
Applesauce Cups **24**

Meatball
OR
Popcorn Chicken
Sub Bun
Lettuce & Tomato
Baked Beans
Pineapple Chunk **25**

Pizza Hut Pizza
OR
Teriyaki Beef Blasters w/roll
Salad
Buttered Corn
Oranges **26**

Chicken Slider Sandwich
OR
Meatloaf w/roll
Mashed Potatoes
Peas & Carrots
Apple **27**

Chicken Strips
OR
Mini Corn Dogs
Roll
Mashed Potatoes
Steamed Broccoli w/Cheese
Mixed Fruit **30**

