

January 2018

Fayetteville High School



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 **



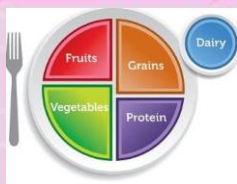
Monday

Tuesday

Wednesday

Thursday

Friday



1

2

3

4

5

Chicken Strips
 Or
 Mini Corn Dogs
 Roll
 Mashed Potatoes
 Steamed Broccoli w/ Cheese
 Mixed Fruit

8

Pizza Hut Pizza
 Or
 Salisbury Steak w/gravy
 Pinto Beans
 California Veggies
 Cornbread
 Pears

9

Chicken Drumsticks
 Or
 Beef Fingers
 Roll
 Baked Beans
 Veggie Tray
 Apples

10

Pizza Hut Pizza
 Or
 Pulled Pork BBQ w/roll
 Baked Potato
 Corn Cob
 Pineapple

11

Chili con Carne
 Or
 Chicken Breast
 Crackers
 Tater Tots
 Peas & Carrots
 Apple
 Cinnamon Roll

12

No
 School

15

Pizza Hut Pizza
 Or
 Cheese Quesadilla
 Mixed Veggies
 French Fries
 Diced Peaches

16

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

17

Pizza Hut Pizza
 OR
 Hot Dog on Bun
 Green Beans
 Tomato Wedges
 French Fries
 Oranges

18

Philly Cheese Steak Sub
 Or
 Pulled Pork BBQ Sandwich
 Mozz Cheese Stick
 Coleslaw
 Sliced Tomatoes
 French Fries
 Apple

19

Chicken Parmesan
 Or
 Meatballs
 Roll
 Green Beans
 Buttered Corn
 Mixed Fruit

22

Pizza Hut Pizza
 Or
 Hamburger on Bun
 Corn Cob
 Tater Wedges
 Apples

23

Meatball Sub
 OR
 Chicken Breast w/roll
 Lettuce & Tomato
 Baked Beans
 Pineapple Chunks

24

Pizza Hut Pizza
 Or
 Salad
 Mexican Corn
 Orange Wedges

25

Chili con Carne
 Or
 Chicken Breast
 Crackers
 Tater Tots
 Peas & Carrots
 Apple
 Cinnamon Roll

26

Chicken Strips
 Or
 Mini Corn Dogs
 Roll
 Mashed Potatoes
 Steamed Broccoli w/ Cheese
 Mixed Fruit

29

Pizza Hut Pizza
 Or
 Salisbury Steak w/gravy
 Pinto Beans
 California Veggies
 Cornbread
 Pears

30

Chicken Drumsticks
 Or
 Beef Fingers
 Roll
 Baked Beans
 Veggie Tray
 Apples

31

