

September 2017

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.

**** Other A La Carte items offered daily ****



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 ****



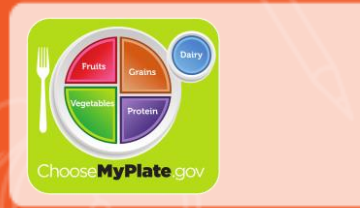
Monday

Tuesday

Wednesday

Thursday

Friday



Chicken & Waffles
Or
Pancake Sausage Stick
Tator Tots
Tomato Wedges
Yogurt
Fresh Melon **1**

No School **4**

Pizza Hut Pizza
Or
Chicken Chunks
Potato Wedges
Side Salad
Veggie Tray
SideKick Fruit Slush/Fresh Fruit **5**

Spaghetti
Or
Mini Corn Dogs
Garlic Bread
Baked Potato w/trimmings
Peas & Carrots
Grapes **6**

Pizza Hut Pizza
Or
Hot Dog w/Bun
Green Beans
Tomato Wedges
French Fries
Mixed Fruit **7**

Hamburger w/Bun
Or
Bean Burrito
Lettuce & Tomato Tray
Corn Cob, French Fries
Sliced Cucumbers
Orange Wedges **8**

Meatloaf
Or
Chicken Breast
Roll
Mac & Cheese
Steamed Broccoli
French Fries
Strawberries **11**

Pizza Hut Pizza
Or
Beef Fingers
Roll
Mashed Potatoes
Glazed Carrots
Baked Beans
Rainbow Applesauce **12**

Frito Taco Salad
Or
Chicken Breast w/Bun
Spanish Rice
Mexican Corn
Spicy Pintos
SideKick Fruit Slush
Fresh Fruit **13**

Pizza Hut Pizza
Or
Rotini w/Cheezy Breadstick
Side Salad
Corn Cob
Tater Wedges
Orange Wedges **14**

Pork BBQ Sandwich
Or
Cheeseburger
French Fries
Sliced Cucumbers
Coleslaw
Apple **15**

Pizza Crunchers
Or
Popcorn Chicken
Side Salad
Green Beans
Sweet Buttered Corn
Mixed Fruit **18**

Pizza Hut Pizza
Or
Chicken Drumsticks w/roll
Steamed Broccoli w/chz
Baked Beans
Veggie Tray
Apple Wedges **19**

Meatball Sub/Bowl
Or
Cheese Quesadilla
Pinto Beans
Stir Fry Italian Veggies
French Fries
Grapes **20**

Pizza Hut Pizza
Or
BBQ Baked Potato w/roll
Side Salad
Roasted Bell Peppers
Buttered Squash
Pineapple **21**

Chicken & Waffles
Or
Pancake Sausage Stick
Tator Tots
Tomato Wedges
Yogurt
Fresh Melon **22**

Salisbury Steak w/Gravy
Or
Country Fried Pork Chop
Cornbread
Pinto Beans
California Veggies
Rosy Pears **25**

Pizza Hut Pizza
Or
Chicken Chunks
Potato Wedges
Side Salad
Veggie Tray
SideKick Fruit Slush/Fresh Fruit **26**

Spaghetti
Or
Mini Corn Dogs
Garlic Bread
Baked Potato w/trimmings
Peas & Carrots
Grapes **27**

Pizza Hut Pizza
Or
Hot Dog w/Bun
Green Beans
Tomato Wedges
French Fries
Mixed Fruit **28**

Hamburger w/Bun
Or
Bean Burrito
Lettuce & Tomato Tray
Corn Cob, French Fries
Sliced Cucumbers
Orange Wedges **29**