

February 2018

Fayetteville Middle 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



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

5

Pizza Hut Pizza
Or
Cheese Quesadilla
French Fries
Mixed Veggies
Peach Cups

6

Loaded Nachos
Seasoned Meat & Tortilla Chips
Or
Grilled Cheese Sandwich
Salsa
Veggie Tray
Melon

7

Pulled Pork BBQ w/roll
Or
Grilled Cheese
Baked Potato
Corn Cob
Pineapple

1

Hamburger on Bun
Or
Hot Ham & Cheese Sandwich
Tater Tots
Side Salad
Strawberry Yogurt Parfait

2

Chicken Parmesan
Or
Meatballs
Roll
Green Beans
Buttered Corn
Mixed Fruit

12

Stuffed Crust Chz Pizza
Or
Hamburger on Bun
Corn Cob
Tater Wedges
Apples

13

Philly Cheese Steak Sub
Or
Hot Ham & Cheese Sub
Pinto Beans
Italian Veggies
Fresh Fruit
Valentine Treat

14

Chili w/crackers
Or
Grilled Cheese
Tater Tots
Side Salad
SideKick Fruit Slush

15

Frito Taco
Or
Chicken Soft Taco
Salad
Mexican Corn
Orange

16

No
School

19

Salisbury Steak w/Gravy
Or
Chicken Breast
Pinto Beans
California Veggies
Cornbread
Peach cups

20

Chicken Drumsticks
Or
Beef Fingers
Roll
Baked Beans
Veggie Tray
Apples

21

Pulled Pork BBQ w/roll
Or
Grilled Cheese
Baked Potato
Corn Cob
Pineapple

22

Hamburger on Bun
Or
Hot Ham & Cheese Sandwich
Tater Tots
Side Salad
Strawberry Yogurt Parfait

23

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

26

Meatloaf
Or
Pork Chop Patty
Roll
Mac & Cheese
Buttered Corn
Green Beans
Mixed Fruit

27

Loaded Nachos
Seasoned Meat & Tortilla Chips
Or
Grilled Cheese Sandwich
Salsa
Veggie Tray
Melon

28

