February 2018

Fayetteville Middle School



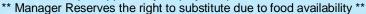


A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.





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 **



Thursday



Monday

Choose My Plate.gov





Wednesday



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

Chicken Strips Mini Corn Dogs Mashed Potatoes Steamed Broccoli w/ Cheese

Mixed Fruit



Pizza Hut Pizza Cheese Quesadilla French Fries Mixed Veggies Peach Cups

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

Beef Fingers Chicken Sliders Tater Tots Side Salad Pineapple

Cheeseburger Popcorn Chicken French Fries Side Salad SideKick Fruit Slush

Chicken Parmesan Meatballs Roll Green Beans **Buttered Corn** Mixed Fruit

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

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

Valentine Treat

Chili w/crackers Grilled Cheese Tater Tots Side Salad SideKick Fruit Slush Frito Taco Chicken Soft Taco Salad Mexican Corn Orange

16

9

No

School

Salisbury Steak w/Gravy Chicken Breast Pinto Beans

California Veggies Cornbread Peach cups

Chicken Drumsticks **Beef Fingers**

Roll **Baked Beans** Veggie Tray **Apples**

Melon

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

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

23

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

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

Mixed Fruit

<u>Loaded Nachos</u> Seasoned Meat & Tortilla Chips Grilled Cheese Sandwich Salsa Veggie Tray

