

December 2017

Fayetteville Middle 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

Chicken Parmesan
Or
Meatballs
Roll
Green Beans
Buttered Corn
Mixed Fruit

4

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

5

Philly Cheese Steak Sub
Or
Hot Ham & Cheese Sub
Pinto Beans
Italian Veggies
Strawberry Cups

6

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

7

Cheeseburger
Or
Popcorn Chicken
French Fries
Side Salad
SideKick Fruit Slush

1

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

11

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

12

Chicken Drumsticks
Or
Beef Fingers
Roll
Baked Beans
Veggie Tray
Apples

13

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

14

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

15

Meatloaf
Or
Pork Chop Patty
Roll
Mac & Cheese
Steamed Broccoli
Corn
Strawberry Cups

18

Cheese Quesadilla
Or
Chicken Sliders
Mixed Veggies
French Fries
Diced Peaches

19

Half
Day

20

Christmas
Break

21

Christmas
Break

22



25

Christmas
Break

26

Christmas
Break

27

Christmas
Break

28

Christmas
Break

29