

January 2018

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 **



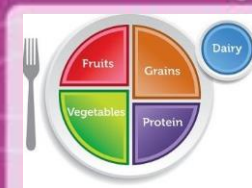
Monday

Tuesday

Wednesday

Thursday

Friday



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
 Chicken Breast
 Pinto Beans
 California Veggies
 Cornbread
 Pears

9

Chicken Drumsticks
 Or
 Beef Fingers
 Roll
 Baked Beans
 Veggie Tray
 Apples

10

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

11

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

12

No
 School

15

Cheese Quesadilla
 Or
 Chicken Sliders
 Mixed Veggies
 French Fries
 Diced Peaches

16

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

17

Pizza
 Or
 Chicken Sliders
 Tater Tots
 Side Salad
 Pineapple

18

Cheeseburger
 Or
 Popcorn Chicken
 French Fries
 Side Salad
 SideKick Fruit Slush

19

Chicken Parmesan
 Or
 Meatballs
 Roll
 Green Beans
 Buttered Corn
 Mixed Fruit

22

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

23

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

24

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

25

Frito Taco
 Or
 Chicken Soft Taco
 Salad
 Mexican Corn
 Orange Wedges

26

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

29

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

30

Chicken Drumsticks
 Or
 Beef Fingers
 Roll
 Baked Beans
 Veggie Tray
 Apples

31

