

November 2017

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



Frito Taco
 Or
 Chicken Soft Taco
 Salad
 Mexican Corn
 Spicy Pintos
 SideKick Fruit Slush

BBQ Chicken Chunks
 Or
 Rotini w/Cheesy Breadstick
 Side Salad
 Corn Cob
 Tater Tots
 Mixed Fruit

Hot Dog on Bun
 Or
 Cheeseburger on Bun
 Sliced Cucumbers
 French Fries
 Poolroom Slaw
 Banana

Chicken Parmesan
 Or
 Meatballs
 Roll
 Green Beans
 Buttered Corn
 Mixed Fruit

Pizza Hut Pepperoni Pizza
 Or
 Hamburger on Bun
 Tater Tots
 Side Salad
 Grape Yogurt Parfait

Philly Cheese Steak Sub
 Or
 Chef Salad w/crackers
 Pinto Beans
 Stir Fry Veggies
 Strawberry Cups

Chicken Drumsticks
 Or
 Beef Fingers
 Roll
 Baked Beans
 Veggie Tray
 Apples

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

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

5th Grade Thanksgiving Meal
 Turkey, Dressing, and all the sides

All other grades :
 Meatloaf with all available sides

6th Grade Thanksgiving Meal
 Turkey, Dressing and all sides

All other grades:
 Pork Chop with all available sides

7th & 8th Grade Thanksgiving Meal
 Turkey , Dressing and all sides

All other grades:
 Popcorn Chicken will all available sides

Cheese Quesadilla
 Or
 Hot Ham & Cheese Sandwich
 Sliced Cucumbers
 Tomato Wedges
 Curly Fries
 Mixed Fruit

Thanksgiving Holiday

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Beef Teriyaki Bites
 Or
 Chicken Breast
 Roll
 Mac & Cheese
 Steamed Broccoli
 Corn
 Strawberry Cups

Chicken Chunks
 Or
 Mini Corn Dogs
 Roll
 Mashed Potatoes
 Baked Beans
 Rainbow Applesauce

Chili w/crackers
 Or
 Pork Chop Patty
 Tater Tots
 Side Salad
 Grapes

Pulled Pork BBQ Sandwich
 Or
 Chicken Sliders on Bun
 Veggie Tray
 French Fries
 Apples

