

September 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.
**** Cold Sandwich/Wrap or Salad offered when available****



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 ****



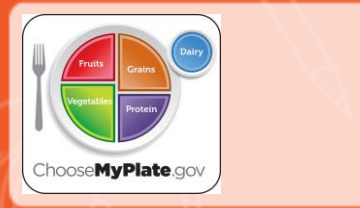
Monday

Tuesday

Wednesday

Thursday

Friday



Hamburger Or
 Chicken Strips
 Tator Tots
 Lettuce & Tomato Tray
 Grape Packs
 Fresh Melon **1**

No School **4**

Pepperoni Pizza Or
 Chicken Sliders
 Potato Wedges
 Side Salad
 Veggie Tray
 SideKick Fruit Slush **5**

Spaghetti w/Garlic Bread Or
 Grilled Cheese
 Scalloped Potatoes
 Peas & Carrots
 Apple/Grape packs **6**

Hot Dog on Bun Or
 Hot Ham & Cheese
 Green Beans
 Curly Seasoned Fries
 Tomato Wedges
 Mixed Fruit **7**

Popcorn Chicken Or
 Bean Burrito
 Tomato Wedges
 Sliced Cucumbers
 Corn Cob
 Orange Wedges **8**

Meatloaf Or
 Chicken Breast Roll
 Mac & Cheese
 Steamed Broccoli
 Buttered Corn
 Strawberries **11**

Chicken Chunks Or
 Mini Corn Dogs Roll
 Mashed Potatoes
 Glazed Carrots
 Baked Beans
 Rainbow Applesauce **12**

Frito Taco Or
 Chicken Soft Taco
 Salad
 Mexican Corn
 Spicy Pintos
 SideKick Fruit Slush **13**

Stuffed Crust Chz Pizza Or
 Rotini w/Cheesy Breadstick
 Side Salad
 Corn Cob
 Tator Tots
 Orange Wedges **14**

BBQ Pork Sandwich Or
 Cheeseburger
 Sliced Cucumbers
 French Fries
 Coleslaw
 Banana **15**

Pizza Crunchers w/Marinara Or
 Grilled Cheese
 Side Salad
 Green Beans
 Sweet Buttered Corn
 Mixed Fruit **18**

Chicken Drumstick w/roll Or
 Beef Fingers
 Steamed Broccoli w/ chz
 Baked Beans
 Veggie Tray
 Apple Wedges **19**

Meatball Sub/Bowl Or
 Cheese Quesadilla
 Pinto Beans
 Stir Fry Italian Veggies
 Buttered Squash
 Grapes **20**

BBQ Baked Potato Or
 Teriyaki Bites
 Roll
 Side Salad
 Roasted Bell Peppers
 Pineapple **21**

Hamburger Or
 Chicken Strips
 Lettuce & Tomato Tray
 Tator Tots
 Grape Packs
 Fresh Melon **22**

Salisbury Steak w/Gravy Or
 Country Fried Pork Chop
 Cornbread
 Pinto Beans
 California Veggies
 Rosy Pears **25**

Pepperoni Pizza Or
 Chicken Sliders
 Potato Wedges
 Side Salad
 Veggie Tray
 SideKick Fruit Slush **26**

Spaghetti w/Garlic Bread Or
 Grilled Cheese
 Scalloped Potatoes
 Peas & Carrots
 Apple/Grape packs **27**

Hot Dog on Bun Or
 Hot Ham & Cheese
 Green Beans
 Curly Seasoned Fries
 Tomato Wedges
 Mixed Fruit **28**

Popcorn Chicken Or
 Bean Burrito
 Tomato Wedges
 Sliced Cucumbers
 Corn Cob
 Orange Wedges **29**