

FHS 9th-12th Lunch 2017-18

January 2018

Mon	Tue	Wed	Thu	Fri
1 Holiday	2 Holiday	3 Holiday	4 Holiday	5 Holiday
8 Holiday	9 Beef fingers w/ roll Potatoes Mashed Steamed Carrots Broccoli Roasted Pears diced in L/S Grapefruit and Orange Smiles White Milk 1% Chocolate Milk FF Gravy Butter 1 EACH honey pkt	10 Bacon Cheeseburger Cheeseburger Burger salad Seasoned French Fries Pineapple Tidbits Fresh Oranges Choc chip cookie White Milk 1% Chocolate Milk FF Mustard Mayo KETCHUP	11 Pork Chop w/ Roll Steamed Corn Roasted Carrots Applesauce Fresh Grapes, With Stem (1/2 cup) White Milk 1% Chocolate Milk FF Butter 1 EACH honey pkt KETCHUP	12 Hot dog Breaded hot and spicy chicken sandwich Cucumbers and tomato w/ ranch Baked Beans Celery Sticks w/ ranch Mixed Fruit Fresh Apple RED Choc chip cookie White Milk 1% Chocolate Milk FF KETCHUP Mayo Mustard
15 Holiday	16 Turkey and Gravy Potatoes Mashed Steamed Spinach Roasted Carrots Pears diced in L/S Fresh Oranges Roll, honey wheat 2g White Milk 1% Chocolate Milk FF Butter 1 EACH honey pkt	17 Cheeseburger Bacon Cheeseburger Burger salad Pinto Beans, ls Fresh Grapes, With Stem (1/2 cup) Pineapple Tidbits SunChips Cheddar Choc chip cookie White Milk 1% Chocolate Milk FF Mustard Mayo KETCHUP	18 Taco (FHS) lettuce/tomato boats for tacos Refried Beans Applesauce Fresh Apple RED White Milk 1% Chocolate Milk FF Picante sauce pkt	19 McRib on a bun Baby Carrots w/ ranch Celery Sticks w/ ranch Mixed Fruit Apple Slices Choc chip cookie White Milk 1% Chocolate Milk FF

<p>22</p> <p>Pepperoni Pizza Tossed Salad w/ ranch Roasted Carrots Peaches diced in L/S Apple Slices Bread Stick with marinara sauce W/W White Milk 1% Chocolate Milk FF</p>	<p>23</p> <p>Chicken Tenders w/ roll Mac & cheese Potatoes Mashed Steamed Green Beans Pears diced in L/S Grapefruit and Orange Smiles White Milk 1% Chocolate Milk FF Gravy Butter 1 EACH honey pkt</p>	<p>24</p> <p>Cheeseburger Bacon Cheeseburger Burger salad Seasoned French Fries Pineapple Tidbits Fresh Grapes, With Stem (1/2 cup) Choc chip cookie White Milk 1% Chocolate Milk FF Mustard Mayo KETCHUP</p>	<p>25</p> <p>Spaghetti w/ meat sauce w/ breadstick Steamed Corn Tossed Salad w/ ranch Applesauce Fresh Oranges White Milk 1% Chocolate Milk FF</p>	<p>26</p> <p>McRib on a bun Egg Roll w/ soy sauce Pinto Beans, Is Baby Carrots w/ ranch Mixed Fruit Fresh Apple RED Choc chip cookie White Milk 1% Chocolate Milk FF</p>
<p>29</p> <p>Pepperoni Pizza Steamed Corn Tossed Salad w/ ranch Peaches diced in L/S Apple Slices Bread Stick with marinara sauce W/W White Milk 1% Chocolate Milk FF</p>	<p>30</p> <p>Mac & cheese Chicken, Roasted w roll Steamed Green Beans Rosemary Roasted Redskins Pears diced in L/S Grapefruit and Orange Smiles White Milk 1% Chocolate Milk FF KETCHUP honey pkt Butter 1 EACH</p>	<p>31</p> <p>Bacon Cheeseburger Cheeseburger Burger salad Pinto Beans, Is Fresh Grapes, With Stem (1/2 cup) Pineapple Tidbits SunChips Cheddar Choc chip cookie White Milk 1% Chocolate Milk FF KETCHUP Mustard Mayo</p>	<p>1</p> <p>Chicken Fajita Refried Beans lettuce/tomato boats for tacos Applesauce Fresh Oranges White Milk 1% Chocolate Milk FF Picante sauce pkt</p>	<p>2</p> <p>Mini corn dogs 6pcs Baked Beans Baby Carrots w/ ranch Fresh Apple RED Mixed Fruit Choc chip cookie White Milk 1% Chocolate Milk FF KETCHUP Mustard</p>

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