

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

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