



# January 2020 Lunch Menu

The **FOOD FOR THOUGHT PROGRAM's** meals include the salad bar, milk, fresh fruit.

**Lunch:** Elementary \$3.25 Middle & High School \$3.50 Reduced Price: \$.40  
**Breakfast:** Elementary \$1.75 Middle & High School \$2.00 Reduced Price: **FREE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 <u>Chef's Pasta</u> Cheese Ravioli with Housemade Marinara	7 Balsamic Chicken with Rice  GF/DF	8 Beef Stew with Biscuit	9 Roasted Pork Loin with Applesauce and Rice  GF/DF	10 Turkey Bacon Pesto Salad Wrap  GF Modified
13 <u>Chef's Pasta</u> Spaghetti with Housemade marinara	14 Italian Chicken with Herbed Pasta  GF/DF Modified	15 Pork Fried Rice  DF <b>*Community Dinner*</b>	16 Hot Dog Day with Fixins and a Bag of Chips  DF GF Modified	17 Southwest Chili with Cornbread  GF Modified
20 NO SCHOOL Martin Luther King Jr.	21 BBQ Pulled Pork Sandwich with Cole Slaw  GF/DF Modified	22 <b>*full day*</b> Cheese Ravioli with Housemade Marinara	23 HALF DAY	24 HALF DAY Semester Break
27 <u>Chef's Pasta</u> Penne Pasta Parmesan with Italian Sausage	28 Sausage, White Bean and Kale Soup with a Rustic Bread Roll  GF Modified	29 Shepherd's Pie with Local Beef	30 Chicken Caesar Salad with Fresh Bake Roll  GF Modified	31 Sweet and Sour Pork with Rice  DF
Access student's Grades, <b>Lunch Accounts</b> , and Attendance through <u>Family and Student Access</u>	<b>Start your day off right with BREAKFAST!</b>  *If you qualify for reduced-price lunch, breakfast is FREE	<b>Community Dinner and Community Project Presentations</b> Wednesday, January 15th from 5:00* - 7:30 in the FHHS Commons Dinner is \$15 for adults, \$7 for kids under 12 We will be serving the favorite GREEK menu: Chicken Gyros, Pork Souvlaki, Tzatziki, Rice Pilaf, Roasted Carrots, Greek Salad, and Baklava Proceeds support the Food for Thought Program		

**Disclaimer:** In our effort to provide tasty, fresh and healthful meals, we may make changes to the menu at **Chef Andy's** discretion.

Per State Auditor:  
**NO MEAL CHARGING ALLOWED**  
 Please keep current on your student's lunch account

**ALLERGY ALERT!**  
 Please submit a Medical Form to the School Nurse

**GLUTEN & DAIRY LABELS**  
 df = dairy free  
 gf = gluten free  
 modified = df or gf if a meal's component is not consumed

**CARB COUNTS PROVIDED BY THE SCHOOL NURSE AVAILABLE ON THE FOOD SERVICE WEBSITE**

This institution is an equal opportunity provider.

