



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 *Community Dinner*	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 HALF DAY	23 HALF DAY	24 NO SCHOOL 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, Lunch Accounts , and Attendance through <u>Family and Student Access</u>	Start your day off right with BREAKFAST! *If you qualify for reduced-price lunch, breakfast is FREE	Community Dinner and Community Project Presentations 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.