



October 2019 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 |
|---|---|--|---|--|
| Community Dinner Wednesday October 9th 5:30 - 7:30 in the FHHS Commons Harvest Dinner Menu \$12 Adult / \$7 Child Under 12 | 1 Beef Stroganoff with Buttered Noodles | 2 Chicken Fajita with Rice and Beans GF/DF | 3 Clam Chowder with Fresh Baked Roll GF Modified | 4 Sloppy Joe with Local Beef and Normandy Vegetables DF GF Modified |
| 7 <u>Chef's Pasta</u> Cheese Ravioli with Housemade Marinara | 8 Herb Roasted with Rice GF/DF | 9 Pork Fried Rice DF | 10 Chicken Caesar Salad with Roll GF Modified | 11 HALF DAY |
| 14 <u>Chef's Pasta</u> Mac and Cheese from Scratch | 15 Pork Posole with Cornbread GF/DF Modified | 16 HALF DAY Conferences | 17 HALF DAY Conferences | 18 HALF DAY Conferences |
| 21 <u>Chef's Pasta</u> Sausage and Three Cheese Lasagna | 22 Roasted Pork Loin with Applesauce and Mashed Potatoes GF DF Modified | 23 Teriyaki Chicken Stirfry with Rice DF | 24 Creamy Tomato Soup with Cheesy Bread GF Modified | 25 Hot Dog Day with Fixin's and Chips DF GF Modified |
| 28 <u>Chef's Pasta</u> Alfredo Chicken Pasta Bake | 29 Balsamic Chicken with Rice GF/DF | 30 PIZZA DAY! | 31 HALF DAY | Free and Reduced Applications EXPIRE in October! Turn in a new application to your school office ASAP! |

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.