



September 2020 – Lunch Menu

FC Elementary & Middle Schools



Monday	Tuesday	Wednesday	Thursday	Friday
31 Hot Dog Chicken Nuggets Potato Smiles Green Peas Dinner Roll // Fruit // Milk	1 Macaroni & Cheese Beef Dippers Potato Sidewinders Fresh Veggie Cup // Fruit Garlic Breadstick // Milk	2 Hamburger or Cheese Burger Sandwich Choice French Fries Pinto Beans Fruit // Milk	3 Pizza Cheesy Breadsticks Green Beans // Marinara Sauce Buttered Corn Fruit // Milk // Cookie	<p>Frídays are Virtual Learning Days for All Students.</p> <p>Breakfast & Lunch meals will be available for pick-up.</p> <p>Please contact your school's cafeteria manager to order meals for Frídays</p>
7 No School Labor Day	8 Zesty Orange Chicken Yogurt Bag Meal Steamed Broccoli Deli Roaster Potatoes Rice //Fruit // Milk	9 Chicken Fajita Taco Potato Smiles Salsa // Buttered Corn Tortilla Chips // Fruit // Milk	10 Mexican Pasta Bake Popcorn Chicken Green Beans // Potato Wedges Dinner Roll Fruit // Milk	
14 Hamburger or Cheese Burger Corn Dog Potato Smiles Baked Beans Fruit // Milk	15 Pizza PBJ Sandwich Lattice Potatoes Carrot Dippers Fruit // Milk	16 Chicken Nachos w/ Tortillas Pulled Pork BBQ Sandwich Battered Potato Bites Buttered Corn // Salsa Fruit // Milk	17 Spaghetti w/Meat Sauce Fish Fillet French Fries // Broccoli Cup Twisted Breadstick Fruit // Milk	
22 Hot Dog Corndog Nuggets Potato Smiles Green Peas Fruit // Milk	23 Macaroni & Cheese Beef Dippers Potato Sidewinders Fresh Veggie Cup // Fruit Garlic Breadstick // Milk	24 Hamburger or Cheese Burger Sandwich Choice French Fries Pinto Beans Fruit // Milk	25 Pizza Cheesy Breadsticks Green Beans // Marinara Sauce Buttered Corn Fruit // Milk // Cookie	
29 Salisbury Steak w/Gravy Chicken Nuggets Mashed Potatoes Pinto Beans // Carrot Dippers Dinner Roll Fruit // Milk	30 Zesty Orange Chicken Yogurt Bag Meal Steamed Broccoli Deli Roaster Potatoes Rice //Fruit // Milk	<p>The Nutrition Department strives to offer the daily menu as planned and advertised. However, due to some circumstances beyond our control, the daily menus may be altered. This institution is an equal opportunity provider</p> <p>ALL reimbursable meals MUST have a FRUIT or VEGETABLE on the tray. Students may decline 2 of the 5 meal components - Meat, Grain, Fruit, Vegetable & Milk- but cannot decline BOTH Fruit and Vegetable.</p>		