Fannett-Metal School District – Middle – High School March 2018

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | March 1  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 2  Egg, Ham & Cheese  Pretzel Roll  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | Offer verses serve -  Students must take  **3 of 5** items to count as a lunch & one must be a fruit or vegetable. |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | March 5  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 6  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 7  Scrambled Eggs & Bacon  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 8  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 9  Egg, Ham & Cheese  Pretzel Roll  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | **Menu subject to change** |
|  | March 12  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 13  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 14  Scrambled Eggs &  Bacon  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 15  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 16  Egg, Ham & Cheese  Pretzel Roll  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
|  | March 19  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 20  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 21  Scrambled Eggs &  Bacon  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 22  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 23  Egg, Ham & Cheese  Pretzel Roll  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | High School Breakfast  $ 1.50  Milk - .50  Reduced - .40 |
| **No breakfast on two hour delays** | March 26  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 27  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 28  Scrambled Eggs &  Bacon  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 29    No School | March 30  No School |  |