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

**USDA Nondiscrimination Statement and Complaint Procedure**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint\_filing\_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov) .

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish



Fannett-Metal is an equal opportunity provider

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | October 1  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 2  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 3  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 4  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 5  Cinnamon Bun  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. |
|  | October 8  No School | October 9  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 10  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 11  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 12  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | **Menu subject to change** |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | October 15  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 16  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 17  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 18  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 19  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
|  | October 22  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 23  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 24  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 25  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 26  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | High School Breakfast  $ 1.55  Milk - .50  Reduced - .40 |
| **No breakfast on two hour delays** | October 29  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 30  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 31  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 1  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 2  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |