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

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  | January 1  **No School** | January 2  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 3  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 4  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. |
|  | January 7  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 8  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 9  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 10  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 11  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 | January 14  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 15  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 16  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 17  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 18  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
|  | January 21    **No School** | January 22 Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 23  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 24  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 25  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** | January 28  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 29  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 30  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 31  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 1  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |