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  Ham, Egg & Cheese  Muffin  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. |
|  | March 4  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 5  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 6  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 7  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 8  Ham, Egg & Cheese  Muffin  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 | March 11  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 12  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 13  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 14  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 15  Ham, Egg & Cheese  Muffin  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
|  | March 18  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 19  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 20  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 21  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 22  Ham, Egg & Cheese  Muffin  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | High School Breakfast  $ 1.55  Milk - .50  Reduced - .40 |
| **No breakfast on two hour delays** | March 25  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 26  Sausage, Egg and Cheese Biscuit  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 27  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 28  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | March 29  Ham, Egg & Cheese  Muffin  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |