Fannett-Metal School District - High School / Middle School September 2019

Fannett-Metal is an equal opportunity provider



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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  | September 3  Cheeseburger Sliders  Or  Rotisserie Chicken Wrap  Peas  Red Peppers W / Dip  Choice of Fruit / Milk | September 4  Chicken & Waffles  W / Gravy  Or  Bacon Egg & Cheese  Sandwich  Corn / Tomatoes  Choice of Fruit / Milk | September 5  Mashed Potato Bowl  W / Roll  Or  Ham & Cheese Wrap  Steamed Broccoli  Tossed Salad  Choice of Fruit / Milk | September 6  Pizza  Or  Italian Sub  Baby Carrots  Baked Beans  Choice of Fruit / Milk | Offer verses serve -  Students must take  **3 of 5** items to count as a lunch & one must be a fruit or vegetable. |
|  | September 9  No School | September 10  No School | September 11  Pizza  Or  Cheeseburger  W/G Roll  Grape Tomatoes  Baked Beans  Choice of Fruit / Milk | September 12  General Tso’s Chicken  w/ W/G roll  Or  Grilled Ham & Cheese  Oriental Vegs/ Rice  Baby Carrots  Choice of Fruit / Milk | September 13  Pulled Pork Sandwich  Or  Turkey & Cheese Flatbread  Broccoli  Tossed Salad  Choice of Fruit / Milk | **Daily Entrée options include:**  **Chef Or Taco Salad with whole grain roll Or Whole grain P B & J sandwich**  **Fruit, Vegetable & milk are included** |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | September 16  Cheeseburger Sub  W/G Roll  Or  BBQ Rib Sandwich  Broccoli w/ Cheese  Emoji Fries  Choice of Fruit / Milk | September 17  Walking Taco  Or  Fish Nuggets  W/G Roll  Refried Beans  Red Peppers W / Dip  Choice of Fruit / Milk | September 18  Shrimp Poppers  W / Roll  Or  Chicken Cheesesteak  Scallop Potatoes  Baby Carrots  Choice of Fruit / Milk | September 19  Stuffed Shells  Breadstick  Or  Cowboy Burger  Grape Tomatoes  Tossed Salad  Choice of Fruit / Milk | September 20  Pepperoni Pizza  Or  Meatball Sub  Peas  Baby Carrots  Choice of Fruit / Milk |  |
|  | September 23  Baked Spaghetti  Texas Toast  Or  Ham & Cheese Pretzel Roll  Romaine Salad  Peas  Choice of Fruit / Milk | September 24  Nacho Grande  Or  Turkey Club Wrap  Cheesy Broccoli  Cucumber W / Dip  Choice of Fruit / Milk | September 25  Soft Shell Tacos  Or  BBQ Chicken Sandwich  Baby Carrots  Refried Beans  Choice of Fruit / Milk | September 26  Macaroni & Cheese  Or  Calzone  Grape Tomatoes  Green Beans  Choice of Fruit / Milk | September 27  Pizza  Or  Steak & Cheese Wrap  Red Bell Peppers w/ dip  Corn  Choice of Fruit / Milk | Middle/HS Lunch-  $ 2.80  Milk - .50  Reduced - .40 |
| ***No breakfast on two hour delays*** | September 30  Tomato Soup  Grilled Cheese  Or  Chicken Fajita  Peas  Tossed Salad  Choice of Milk / Fruit | October 1  Walking Taco  Or  Fish Nuggets  W / Roll  Refried Beans  Baby Carrots  Choice of Fruit / Milk | October 2  Cheesesteak  Or  Spicy Chicken Sandwich  Baked Beans  Celery  Choice of Fruit / Milk | October 3  Hot Turkey Sandwich  w/ gravy  Or  Hot Dog  Mashed Potato  Baby Carrots  Choice of Fruit / Milk | October 4  Pepperoni Pizza  Or  Fish Sandwich  Broccoli w/ Cheese  Grape Tomatoes  Choice of Fruit / Milk | ***Menu subject to change*** |