Fannett-Metal School District - Elementary School October 2019

Fannett-Metal is an equal opportunity provider



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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  | October 1  Chicken Drum Stick  W/ Roll  Or  Hamburger  Mashed Potatoes  Baby Carrots  Choice of Fruit / Milk | October 2  Lasagna  Breadstick  Or  Grilled Ham & Cheese  Peas  Red Peppers W / Dip  Choice of Fruit / Milk | October 3  Mashed Potato Bowl  W / Roll  Or  BBQ Rib Sandwich  Tossed Salad  Baked Beans  Choice of Fruit / Milk | October 4  Pizza  Or  Cheese Steak  Grape tomatoes  French Fries  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. |
|  | October 7  Stuffed Shells  W / Roll  Or  Calzone  Baby Carrots  Corn  Choice of Fruit / Milk | October 8  Chicken Nuggets  W / Roll  Or  Cheeseburger  Steamed Carrots  Celery W / Dip  Choice of Fruit / Milk | October 9  Chicken Patty  Or  Soft Shell Taco  Refried Beans  Red Peppers  Choice of Fruit / Milk | October 10  Baked Spaghetti  Texas Toast  Or  Grilled Turkey & Cheese  Steamed Broccoli  Romaine Salad  Choice of Fruit / Milk | October 11  French Bread Pizza  Or  Meatball Sub  Peas  French Fries  Choice of Fruit / Milk |  |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | October 14  **No School** | October 15  Walking Taco  Or  Hot Dog  Carrots W / Dip  Peas  Choice of Fruit / Milk | October 16  Chicken Alfredo  Roll  Or  Chef Salad W / Roll  Cheesy Broccoli  Celery  Choice of Fruit / Milk  Choice of Fruit / Milk | October 17  Macaroni & Cheese  Or  Fish Nuggets  W / Roll  Grape Tomatoes  Steamed Carrots  Choice of Fruit / Milk | October 18  Pepperoni Pizza  Or  Shrimp Poppers / Roll  Baked Beans  Cucumbers W / Dip  Choice of Fruit / Milk | Pre-K Alternative:  October 15th – Chicken Nuggets W / Roll |
|  | October 21  Tomato Soup  Grilled Cheese  Or  BBQ Rib Sandwich  Tossed Salad  Steamed Carrots  Choice of Fruit / Milk | October 22  Hamburger  Or  Chicken Fajita  Baked Beans  Baby Carrots  Choice of Fruit / Milk | October 23  Ravioli  Breadstick  Or  Grilled Ham & Cheese  Broccoli  Grape Tomatoes  Choice of Fruit / Milk | October 24  Mashed Potato Bowl  W/ Roll  Or  BBQ Rib Sandwich  Tossed Salad  Peas  Choice of Fruit / Milk | October 25  **No School** | Elementary Lunch-  $ 2.65  Milk - .50  Reduced - .40 |
| ***No breakfast on two hour delays*** | October 28  Macaroni & Beef Pasta  Breadstick  Or  Calzone  Peas  Celery W / Dip  Choice of Fruit / Milk | October 29  Chicken & Waffles  W/ Gravy  Or  Hamburger  Tossed Salad  Grape Tomatoes  Choice of Fruit / Milk | October 30  Shrimp Poppers  W / Roll  Or  Chef Salad w/ Roll  Steamed Broccoli  Baby Carrots  Choice of Fruit / Milk | October 31  Popcorn Chicken W/ Roll  Or  Hamburger  Baked Beans  Romaine Salad  Choice of Fruit / Milk | November 1  Pizza  Or  Cheese Steak  Grape tomatoes  Corn  Choice of Fruit / Milk | ***Menu subject to change*** |