Fannett-Metal School District – Middle – High School January 2020

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  | January 1 | January 2  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 3  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 6  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 7  Sausage, Egg &  Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 8  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice 1 | January 9  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 10  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 13  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 14  Sausage, Egg & Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 15  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 16  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 17  No School |  |
|  | January 20  No School | January 21  Sausage, Egg & Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 22  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 23  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice 3 | January 24  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
| **No breakfast on two hour delays** | January 27  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 28  Sausage, Egg & Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 29  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 30  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | January 31  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |