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

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  | Offer verses serve -  Students must take  **3 of 5** items to count as a lunch & one must be a fruit or vegetable. |
|  | February 3  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 4  Sausage, Egg &  Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 5  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice 1 | February 6  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 7  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 | February 10  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 11  Sausage, Egg & Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 12  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 13  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 14  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
|  | February 17  **No School** | February 18  Sausage, Egg & Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 19  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 20  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice 3 | February 21  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
| **No breakfast on two hour delays** | February 24  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 25  Sausage, Egg & Cheese Sandwich  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 26  Pancakes &  Sausage Links  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 27  Breakfast Pizza  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | February 28  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |