Fannett-Metal School District – Middle – High School October 2021

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **October** |  |  |  |  | October 1  Choice 1  French Bread Pizza  Choice 2  Soft Shell Taco  Green Beans  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 4  Choice 1  Chicken Tenders  W/ Roll  Choice 2  Pulled Pork Sandwich  Corn / Fruit  Milk | October 5  Choice 1  Stuffed Shells  Bread Stick  Choice 2  Ham & Cheese  Hoagie  Peas / Fruit / Milk | October 6  Choice 1  Cheeseburger  Choice 2  Hot Dog  Baked Beans  Fruit  Milk | October 7  Choice 1  General Tso Chicken  Roll  Choice 2  Grilled Cheese Sandwich  Broccoli  Fruit / Milk | October 8  Choice 1  Chicken Patty  Choice 2  Chef Salad / Roll  Baked Beans  Fruit  Milk | 3rd Choice Everyday  Peanut Butter  and Jelly |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | October 11  No School | October 12  Choice 1  Cheeseburger  Choice 2  Chicken Cheese Steak  Fries  Fruit / Milk | October 13  Choice 1  Chicken Patty  Choice 2  BBQ Rib Sandwich  Steamed Carrots  Fruit  Milk | October 14  Choice 1  Mac & Cheese  Roll  Choice 2  Cheese Steak  Broccoli  Fruit / Milk | October 15  Choice 1  Meatball Sub  Choice 2  Spicy Chicken Patty  Peas  Fruit / Milk |  |
| **No breakfast on two hour delays** | October 18  Choice 1  Lasagna / Roll  Choice 2  Fish Sandwich  Peas  Fruit  Milk | October 19  Choice 1  Chicken Alfredo  Breadstick  Choice 2  Grilled Ham & Cheese  Corn, Fruit  Milk | October 20  Choice 1  Shrimp Poppers / Roll  Choice 2  Chef Salad / Roll  Broccoli  Fruit  Milk | October 21  Choice 1  Baked Spaghetti  Roll  Choice 2  Chicken Fajita  Baby Carrots  Fruit / Milk | October 22  Choice 1  Pepperoni Pizza  Choice 2  Buffalo Chicken Wrap  Tossed Salad  Fruit  Milk | High School Lunch-  Free  Milk - .50 – without buying a school lunch |
|  | October 25  Choice 1  Pancakes & Sausage  Choice 2  Chicken Cheese Steak  Baby Carrots  Fruit  Milk | October 26  Choice 1  Walking Taco  Choice 2  Turkey Club Wrap  Refried Beans  Fruit  Milk | October 27  Choice 1  Spicy Chicken Patty  Choice 2  Nacho Grande  Peas  Fruit  Milk | October 28  Choice 1  Chicken & Waffles  Roll  Choice 2  Hot Dog  Corn  Fruit / Milk | October 29  No School | **Menu subject to change** |