Fannett-Metal School District – Middle – High School January 2022

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | January 3  Cheeseburger  Or  Lasagna  Roll  Broccoli  Fruit  Milk | January 4  Walking Taco  Or  Turkey Club Wrap  Refried Beans  Fruit  Milk | January 5  Mac & Cheese  Roll  Or  Ham & Cheese Flatbread  Corn  Fruit / Milk | January 6  Hot Turkey Sandwich  Gravy  Or  Cheese Steak  Mashed Potatoes  Fruit  Milk | January 7  Meat Lover’s Pizza  Or  Buffalo Chicken Wrap  Baked 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. |
|  | January 10  Nacho Grande  Or  Meatball Sub  Corn  Fruit  Milk | January 11  Chicken Patty  Or  Calzone  Baby Carrots  Fruit  Milk | January 12  Chicken Cheese Steak  Or  Tuna Melt Sandwich  Baked Beans  Fruit  Milk | January 13  Baked Spaghetti  Bread Stick  Or  Fish Sandwich  Tossed Salad  Fruit / Milk | January 14  No School | **Menu subject to change** |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | January 17  No School | January 18  Pepperoni Pizza  Or  Cheeseburger Sub  Baked Beans  Fruit  Milk | January 19  General Tso Chicken  Rice / Roll  Or  Pulled Pork Fries  Broccoli  Fruit  Milk | January 20  Mashed Potato Bowl  Roll  Or  BBQ Rib Sandwich  Corn  Fruit  Milk | January 21  Cheeseburger  Or  Fish Sandwich  Peas  Fruit  Milk | High School Lunch-  Free  Milk - .50 – without buying a school lunch |
| **No breakfast on two hour delays** | January 24  Tomato Soup  Grilled Cheese Sandwich  Or  Hamburger  Baby Carrots  Fruit  Milk | January 25  Salisbury Steak / Roll  Or  Chef Salad  Roll  Scalloped Potatoes  Fruit  Milk | January 26  Waffles & Sausage  Or  Cheese Steak  Tatar Tots  Fruit  Milk | January 27  Chicken Alfredo  Bread Stick  Or  Turkey & Cheese  Flatbread  Broccoli  Fruit / Milk | January 28  Pepperoni Pizza  Or  Ham and Cheese Wrap  Corn  Fruit  Milk |  |
|  | January 31  Cheeseburger  Or  Lasagna  Roll  Broccoli  Fruit  Milk | February 1  Walking Taco  Or  Turkey Club Wrap  Refried Beans  Fruit  Milk | February 2  Mac & Cheese  Roll  Or  Ham & Cheese Flatbread  Tossed Salad  Fruit / Milk | February 3  Chicken & Waffles  Or  Calzone  Baby Carrots  Fruit  Milk | February 4  Meat Lover’s Pizza  Or  Buffalo Chicken Wrap  Baked Beans  Fruit  Milk |  |