Fannett-Metal School District – High School & Middle School September 2022

Lunch Menu

Fannett-Metal is an equal opportunity provider



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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | August 29 | August 30 | August 31 | September 1  Baked Spaghetti  Roll  Or  Ham & Cheese Flatbread  Peas  Fruit / Milk | September 2  Cheese Pizza  Or  BBQ Rib Sandwich  Broccoli  Fruit  Milk | Offer verses serve -  Students must take  **3 of 5** items to count as a lunch & one must be a fruit or vegetable. |
|  | September 5 | September 6  Chicken Alfredo  Roll  Or  Hot Dog  Tossed Salad  Fruit  Milk | September 7  Popcorn Chicken  Roll  Or  Meatball Sub  Broccoli  Fruit  Milk | September 8  Pancakes & Sausage  Or  BBQ Rib Sandwich  Hash Brown  Fruit  Milk | September 9  Spicy Chicken Patty  Or  Pizza Burger  Peas  Fruit  Milk |  |
|  | September 12  Chef Salad  Roll  Or  Ham & Cheese Flatbread  Corn  Fruit / Milk | September 13  Mac & Cheese  Roll  Or  Chicken Cheese Steak  Steamed Carrots  Fruit  Milk | September 14  Cheeseburger  Or  Grilled Ham & Cheese  Peas  Fruit  Milk | September 15  Pulled Pork Fries  Or  Calzone  Baked Beans  Fruit  Milk | September 16  Pepperoni Pizza  Or  Hamburger  Broccoli  Fruit  Milk | *Peanut Butter & Jelly Sandwich served everyday depending on availability* |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry | September 19  Taco Salad  Tortilla Chips  Or  Pulled Pork Sandwich  Refried Beans  Fruit  Milk | September 20  Tomato Soup  Grilled Cheese Sandwich  Or  Turkey & Cheese Hoagie  Baby Carrots  Fruit  Milk | September 21  Chicken Tenders  Roll  Or  BBQ Rib Sandwich  Peas  Fruit  Milk | September 22  Spicy Chicken Patty  Or  Hot Dog  Corn  Fruit  Milk | September 23  Pepperoni Pizza  Or  Cheeseburger  Broccoli  Fruit  Milk | High School  Lunch**- FREE**  Milk - .50 |
| ***No breakfast on two-hour delays*** | September 26  Chicken Patty  Or  Cheese Steak  Baked Beans  Fruit  Milk | September 27  Walking Taco  Or  Ham & Cheese  Wrap  Refried Beans  Fruit  Milk | September 28  Nacho Grande  Or  Spicy Chicken Patty  Tossed Salad  Fruit  Milk | September 29  Baked Spaghetti  Roll  Or  Ham & Cheese Flatbread  Peas  Fruit / Milk | September 30  Cheese Pizza  Or  BBQ Rib Sandwich  Broccoli  Fruit  Milk |  |

*Menu Subject to Change*