

FSMA Lunch Menu January 2019

Plain or Chocolate milk is served with each meal.

Student Fees:
Lunch - \$ 3.50
Reduced Cost - \$.40

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Waffles with Turkey Bacon & Baby Carrots, Celery Sticks Or Munch-able: Muffin, Apple Slices, Cheese Stick, Turkey Stick, Baby Carrots</p> <p>Fruit of the day: Bananas</p>	<p>8</p> <p>Beef Ziti w/ Peas and Steamed Broccoli Or Turkey & Cheese Sandwich on Wheat Kaiser Roll, Baby Carrots w/ Hummus</p> <p>Fruit of the day: Apple Slices</p>	<p>9</p> <p>Cheese Pizza with Zucchini w/ Red Peppers and Baby Carrots Or Chicken Caesar Whole Wheat Wrap w/ Potato Salad and Goldfish</p> <p>Fruit of the day: Honeydew Chunks</p>	<p>10</p> <p>Oven Roasted Chicken w/ Black Eyed Peas & Corn Whole Wheat Dinner Roll Or Turkey Ham & Cheese on Wheat Kaiser Roll w/ Cucumber Slices</p> <p>Fruit of the day: Pear</p>	<p>11</p> <p>Mandarin Orange Chicken Steamed Brown Rice and Stir-fried Veg Medley Or Chicken Caesar Salad w/ Garlic Bread, Parm Cheese & Tomatoes</p> <p>Fruit of the day: Assorted Fruit</p>
<p>14</p> <p>BBQ Chicken Wings Mac & Cheese and Steamed Broccoli Or Munch-able: Muffin, Apple Slices, Cheese Stick, Turkey Stick, Baby Carrots</p> <p>Fruit of the day: Bananas</p>	<p>15</p> <p>Fish Tacos Steamed Brown Rice & Collard Greens Or Teriyaki Chicken Wheat Wrap Baby Carrots w/ Hummus, Goldfish</p> <p>Fruit of the day: Apple slices</p>	<p>16</p> <p>Salisbury Steak w/ Dinner Roll Mashed Potatoes and Green Beans Or American Cold-cut w/ Lettuce & Tomato, Cool Ranch Doritos, and Potato Salad</p> <p>Fruit of the day: Cantaloupe</p>	<p>17</p> <p>Chicken Tenders, Tater Tots, and Glazed Carrots Or Roast Beef & Cheese On Wheat Bread w/ Celery Sticks & Soy Butter, Goldfish,</p> <p>Fruit of the day: Clementine Oranges</p>	<p>18</p> <p>Beef Tacos with Refried Beans, Salsa and Steamed Broccoli Or Chicken Caesar Salad w/ Garlic Bread, Parm Cheese & Tomatoes</p> <p>Fruit of the day: Assorted Fresh Fruit</p>
<p>21</p> <p>No School MLK Day</p>	<p>22</p> <p>Breaded Chicken Breast Sandwich w/ Steamed Broccoli Or Munchable: Blueberry Muffin, Apple Slices, Cheese Stick, Baby Carrots</p> <p>Fruit of the day: Bananas</p>	<p>23</p> <p>Cheese Pizza with Zucchini w/ Red Peppers and Baby Carrots Or American Cold-cut w/ Lettuce & Tomato, Cool Ranch Doritos, and Potato Salad</p> <p>Fruit of the day: Pineapple chunks</p>	<p>24</p> <p>All Beef Hot Dogs w/ Peas & Carrots and Baked Beans Or Turkey Ham & Cheese on Wheat Kaiser Roll w/ Cucumber Slices</p> <p>Fruit of the day: Clementine oranges</p>	<p>25</p> <p>Chicken Cheese Steak Baked Fries & Spinach Or Chicken Caesar Salad w/ Garlic Bread, Parm Cheese & Tomatoes</p> <p>Fruit of the day: Assorted Fresh Fruit</p>
<p>28</p> <p>Spaghetti w/ Meatballs Steamed Broccoli & Baby Carrots Or Munch-able: Muffin, Apple Slices, Cheese Stick, Turkey Stick, Baby Carrots</p> <p>Fruit of the day: Bananas</p>	<p>29</p> <p>General Tso's Chicken w/ Brown Rice and Stir-fry Veg Or Teriyaki Chicken Wheat Wrap Baby Carrots w/ Hummus, Goldfish</p> <p>Fruit of the day: Apple Slices</p>	<p>30</p> <p>Salisbury Steak w/ Dinner Roll Mashed Potatoes and Green Beans Or American Cold-cut w/ Lettuce & Tomato, Cool Ranch Doritos, and Potato Salad</p> <p>Fruit of the day: Fruit Medley</p>	<p>31</p> <p>Chicken Tenders, Tater Tots, and Glazed Carrots Or Roast Beef & Cheese On Wheat Bread w/ Goldfish, Cucumber Slices</p> <p>Fruit of the day: Clementine Oranges</p>	<p>1</p> <p>Cheeseburger, Broccoli and Baked Beans Or Chicken Caesar Salad with Garlic bread, Parm Cheese & Tomatoes</p> <p>Fruit of the day: Assorted Fruit</p>



Student Fees:
 Breakfast - \$ 2.00
 Reduced Cost - \$.30

FSMA Breakfast Menu January 2019

Plain milk is served with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
7 Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers	8 Glazed Donut Holes Fruit of the day: Banana	9 Apple Breakfast Bar Fruit of the day: Apple slices	10 Cinnamon Apple Muffin Fruit of the day: Honeydew Melon Chunks	11 Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers
14 Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers	15 Raspberry Yogurt w/ Cinnamon Gripz Fruit of the day: Banana	16 Chocolate Chip Breakfast Bar Fruit of the day: Apple slices	17 Banana Muffin Fruit of the day: Cantaloupe Chunks	18 Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers
21 No School	22 Glazed Donut Holes Fruit of the day: Craisins	23 Blueberry Nutri-Grain Bar Fruit of the day: Apple slices	24 Chocolate Chip Muffin Fruit Of The Day: Pineapple chunks	25 Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers
28 Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers	29 Cherry Vanilla Yogurt w/ Cinnamon Gripz Fruit of the day: Banana	30 Strawberry Nutri-Grain Bar Fruit of the day: Apple slices	31 Blueberry Muffin Fruit Of The Day: Fruit Medley chunks	1 Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers