

JANUARY 2019

FHES

- VARIETY OF FRUIT, 100% FRUIT JUICE, AND ICE COLD MILK SERVED DAILY
- ASSORTED CEREAL AND CEREAL BARS OFFERED DAILY FOR BREAKFAST
- MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>2019</i></p>				<p>WELCOME BACK!</p> <p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>PIZZA BAR CORN GARDEN SALAD</p>
<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>POPCORN CHICKEN CREAMED POTATOES GREEN PEAS ROLL</p>	<p><u>BREAKFAST</u> PANCAKES</p> <p>TACO SOUP CORN CHIPS SHREDDED CHEESE SOUR CREAM</p>	<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>PIZZA BAR CORN GARDEN SALAD</p>	<p><u>BREAKFAST</u> OATMEAL & CINNAMON ROLL</p> <p>BBQ PLATE FRIES/SLAW BAKED BEANS ROLL</p>	<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>CHICKEN SANDWICH POTATO WEDGES LETTUCE/TOMATO/PICKLE COOKIE</p>
<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>CHICKEN TENDERS CREAMED POTATOES BLACK-EYED PEAS ROLL</p>	<p><u>BREAKFAST</u> PANCAKES</p> <p>NACHOS REFRIED BEANS TORTILLA CHIPS, QUESO, SALSA ASSORTED TOPPINGS</p>	<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>PIZZA BAR CORN GARDEN SALAD</p>	<p><u>BREAKFAST</u> BREAKFAST PIZZA & SMOOTHIE</p> <p>CHICKEN ALFREDO or PENNE PASTA W/ BREADSTICK GREEN PEAS GARDEN SALAD</p>	<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>BURGER OR HOTDOG BAKED BEANS LETTUCE/TOMATO/PICKLE FRIES /COOKIE</p>
<p>NO SCHOOL</p> <p>Dr. Martin Luther King Jr. Holiday</p>	<p><u>BREAKFAST</u> PANCAKES</p> <p>TACO SALAD DORITOS PINTO BEANS FIESTA RICE</p>	<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>PIZZA BAR CORN GARDEN SALAD</p>	<p><u>BREAKFAST</u> OATMEAL & CINNAMON ROLL</p> <p>BREAKFAST FOR LUNCH BISCUITS & GRAVY BACON OR SAUSAGE SCRAMBLED EGGS & HASHBROWNS</p>	<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>CHICKEN SANDWICH POTATO WEDGES LETTUCE/TOMATO/PICKLE COOKIE</p>
<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>POPCORN CHICKEN CREAMED POTATOES GREEN PEAS ROLL</p>	<p><u>BREAKFAST</u> PANCAKES</p> <p>CRISPITO FIESTA RICE PINTO BEANS NACHO CHEESE SAUCE</p>	<p><u>BREAKFAST</u> ASSORTED BISCUITS</p> <p>PIZZA BAR CORN GARDEN SALAD</p>	<p><u>BREAKFAST</u> BREAKFAST PIZZA & SMOOTHIE</p> <p>HOTWINGS BABY BAKERS/GREEN PEAS ROLL CELERY/CARROTS/RANCH</p>	

- Pre-K – 6th Grade students can receive breakfast and lunch at no cost
- Meals must include ½ cup fruit and/or vegetable to count as a meal
- Students have to pay for extra items – ice cream, extra entrée, chips, etc