

Fort Payne High School December 17-21 & January 8-11, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
17 Roasted Chicken, Salad Bar, Creamed Potatoes, Green Beans, Roll, Fresh Apple, Cake w/Icing	18 Teriyaki Chicken, General Tso's Chicken, Salad Bar, Egg Roll, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Canned Peaches	19 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Romaine Salad, Crackers, Fresh Grapes	20 Chicken Poppers or Fish Nuggets, Salad Bar, Sweet Potatoes, Steamed Broccoli, Choc. Chip Cookie, Peaches, Ketchup, BBQ Sauce	21 Hamburger or Spicy Chicken Sandwich, Salad Bar, Baked Reg. or Sweet Pot. Fries, Lettuce, Tomato, Onions, Pickles, Mixed Fruit, Ketchup, Mustard, Lt. Mayo
Sausage, Biscuit, Cereal, Toast, Fresh Canned Peaches, Juice, Milk, Mustard, Jelly	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Grapes , Jelly, Syrup, Juice	Sausage Links, Scrambled Eggs, Biscuit, Cereal, Toast, Pop-Tart, Banana, Jelly, Mustard, Juice	Mini Cinnis, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Syrup, Juice
7 NO SCHOOL TEACHER WORKDAY	8 Country Fried Steak w/Gravy, Catfish Strips, Salad Bar, Creamed Potatoes, Green Beans, Roll, Canned Peaches, Apple Crisp	9 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Romaine Salad, Crackers, Fresh Grapes	10 Crisпитos, Chicken Quesadilla, Salad Bar, Fiesta Rice, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Orange Slices	11 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Salad Bar, Fresh Apples, Ketchup, Mustard, Choc. Chip Cookie
Sausage, Biscuit, Cereal, Toast, Fresh Canned Peaches, Juice, Milk, Mustard, Jelly	Mini Pancakes, Cereal, Toast, Pop-Tart, Grapes , Jelly, Juice	Scrambled Eggs, Ham, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Grapes , Jelly, Syrup, Juice	Yogurt, Granola, Cereal, Toast, Pop-Tart, Banana, Juice

*Low Fat & Fat Free Milk Offered Daily * Yogurt Parfaits & Chicken & Biscuits Offered Daily at Breakfast

*Grab & Go Sandwiches, Salad Bar & Asst. Salad Dressings Available at Lunch *A second serving of fruit is available at lunch in compliance with HHFKA of 2010

Student Meal Prices-Breakfast \$1.00, Reduced Breakfast- 30 Cents, Lunch \$2.10, Reduced Lunch 40 Cents

Parents: You can always check the balance on your child's lunch account online. You can also set up automatic email reminders when your child's lunch account gets low. Go to www.PayPAMS.com to check balances, set up email reminders and/or deposit money into your child's lunch account.

This institution is an equal opportunity provider