

Fort Payne High School December 2- 6 & December 9- 13, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Poppers or Pizza, Creamed Potatoes, Salad Bar, Green Beans, W. G. Roll, Ketchup, BBQ Sauce, Grapes	3 Lasagna Rolls w/ Meat Sauce or Breaded Chicken, Salad Bar, Green Peas, Honey Roasted Carrots, W. G. Roll, Canned Peaches	4 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Salad Bar, Crackers, Orange Slices	5 Crisпитos or Chicken Quesadilla, Salad Bar, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Pear	6 Hamburger or Spicy Chicken Sandwich, Salad Bar, Baked Reg. or Sweet Pot. Fries, Baked Beans, Sliced Tomato, Sliced Onions, Fruit, Ketchup, Mustard, Light Mayo, Apple
Sausage & Biscuit, Cereal, Toast, Kiwi, Juice, Milk, Mustard, Jelly	Chicken & Biscuit, Toast, Applesauce, Juice, Milk, Mustard, Jelly	Egg & Cheese on Southern Style Biscuit, Cereal, Toast, Banana, Juice, Milk, Mustard, Jelly	Breakfast Pizza, Cereal, Toast, Pop-Tart, Strawberries, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Syrup, Juice
9 Baked Chicken Fillet, Creamed Potatoes, Salad Bar, Green Beans, W. Grain Roll, Fresh Pear, Peach Crisp	10 Chicken Parmesan, Spaghetti Noodles, Mozzarella Cheese Sticks, Mixed Green Salad, Steamed Carrots, Green Peas, W. Grain Roll, Grapes	11 Gumbo or Taco Soup, Brown Rice, Toasted Cheese Sandwich, Salad Bar, Crackers, Orange Slices	12 Taco Salad w/W. Grain Chips or Chicken Fajita w/W. Grain Wrap, Salad Bar, Brown Fiesta Rice, Black Beans, Shredded Cheese, Sour Cream, Salsa, Canned Pears	13 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Salad Bar, Apple, Ketchup, Mustard
Egg & Cheese on Southern Style Biscuit, Cereal, Toast, Banana, Juice, Milk, Mustard, Jelly	Sausage, Biscuit, Cereal, Toast, Kiwi, Juice, Milk, Mustard, Jelly	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Strawberries, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Syrup, Juice	Yogurt, Granola, Muffin, Cereal, Toast, Pop-Tart, Banana, Juice

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

*Grab & Go Lunches & 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