

## Fort Payne High School January 13-17 & January 20-24, 2020

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| 13 Chicken Poppers or Pizza,<br>Creamed Potatoes, Salad Bar, Green Beans, W. G. Roll, Ketchup, BBQ Sauce, Grapes | 14 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Salad Bar, Crackers, Orange Slices   | 15 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 | 16 Crisпитos or Chicken Quesadilla, Salad Bar, Brown Fiesta Rice, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Pineapple   | 17<br>**New Entrée Created by the Culinary Students**<br>Mediterranean Chicken Flatbread, Broccoli, Corn, Salad Bar, Baked Chips, Salsa, Peaches, Animal Cookies |
| Cinnamon Bun, Cereal, Toast, Kiwi, Juice, Milk, Mustard, Jelly   | Mini Pancakes, Toast, Applesauce, Juice, Milk, Mustard, Jelly  | Breakfast Pizza, Cereal, Toast, Banana, Juice, Milk, Mustard, Jelly  | Baked Cinnamon Apples & Blueberry Muffin, Cereal, Toast, Pop-Tart, Banana, Jelly, Mustard, Juice   | French Toast Sticks, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Syrup, Juice  |
| 20<br><br><b>NO SCHOOL<br/>M.L. King Day</b>   | 21 Spaghetti Sauce w/Meat & Spaghetti Noodles or Mozzarella Cheese Sticks, Mixed Green Salad, Steamed Carrots, Green Peas, W. Grain Roll, Grapes | 22 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Salad Bar, Crackers, Orange Slices   | 23 Taco Salad w/W. Grain Chips or Chicken Fajita w/W. Grain Wrap, Salad Bar, Corn, Black Beans, Shredded Cheese, Sour Cream, Salsa, Peppers & Onions, Canned Pears | 24 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Salad Bar, Apple, Ketchup, Mustard                              |
|  | Breakfast Burrito, Cereal, Toast, Kiwi, Juice, Milk, Mustard, Jelly  | Gravy & 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](http://www.PayPAMS.com) to check balances, set up email reminders and/or deposit money into your child's lunch account.