

## Fort Payne High School January 14-18 & January 21-25, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
14 Teriyaki Chicken, General Tso's Chicken, Salad Bar, Egg Roll, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Canned Peaches	15 Chicken Poppers or Fish Nuggets, Salad Bar, Roasted Potatoes, Green Beans, Choc. Chip Cookie, Fresh Grapes, Ketchup, BBQ Sauce	16 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Romaine Salad, Crackers, Orange Slices	17 BBQ Pork or Ham Stuffed Baked Potato, Steamed Broccoli, Sour Cream, Shredded Cheese, Butter, Salad Bar, Breadstick, Animal Cookies, Canned Pears	18 Hamburger or Spicy Chicken Sandwich, Salad Bar, Baked Reg. or Sweet Pot. Fries, Lettuce, Tomato, Onions, Pickles, Fresh Apple, 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
21 <b>NO SCHOOL</b> <b>Martin Luther King Jr.</b> <b>Day</b>	22 Country Fried Steak w/Gravy, Catfish Strips, Salad Bar, Creamed Potatoes, Peas & Carrots, Roll, Canned Peaches,	23 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Romaine Salad, Crackers, Fresh Grapes	24 Crisпитos, Chicken Quesadilla, Salad Bar, Fiesta Rice, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Orange Slices	25 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Salad Bar, Fresh Apples, Ketchup, Mustard, Choc. Chip Cookie
	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](http://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*