

## Fort Payne High School March 11-15 & March 18-22, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
11 Chicken & Waffles, Honey Roasted Carrots, Salad Bar, Green Beans, Canned Peaches, Ketchup, Syrup	12 Country Fried Steak w/Gravy, Catfish Strips, Salad Bar, Creamed Potatoes, Green Peas, Roll, Orange Slices	13 BBQ Pork or Ham Stuffed Baked Potato, Steamed Broccoli, Sour Cream, Shredded Cheese, Butter, Salad Bar, Breadstick, Animal Cookies, Canned Pears	14 Turkey Tetrizzini, Mixed Vegetables, Roasted Sweet Potatoes, Rice Krispy Treat, Roll, Salad Bar, Fresh Grapes	15 Hamburger or Spicy Chicken Sandwich, Salad Bar, Baked Reg. or Sweet Pot. Fries, Baked Beans, 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
18 Teriyaki Chicken, General Tso's Chicken, Salad Bar, Egg Roll, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Canned Pears	19 Chicken Poppers or Fish Nuggets, Salad Bar, Roasted Potatoes, Green Beans, Choc. Chip Cookie, Fresh Grapes, Ketchup, BBQ Sauce	20 Spaghetti Sauce w/ Meat Sauce, WG Noodles, Salad Bar, Mozzarella Cheese Sticks, Green Peas, Honey Roasted Carrots, Canned Peaches	21 Crisпитos, Chicken Quesadilla, Salad Bar, Fiesta Rice, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Orange Slices	22 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Salad Bar, Fresh Apples, Ketchup, Mustard, Choc. Chip Cookie
Scrambled Egg Bowl (Eggs, Hams, Cheese), Cereal, Toast, Pop-Tart, Kiwi, Jelly, Mustard, Juice	Mini Pancakes, Cereal, Toast, Pop-Tart, Grapes , Jelly, Juice	Sausage, Biscuit, 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*