

Fort Payne High School March 9-13 & March 16-20, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
9 Steak or Fish Nuggets, Mac & Cheese, Collard Greens, Black Eyed Peas, Salad Bar, W. G. Roll, Ketchup, Grapes	10 Pizza or Chicken Poppers, Green Peas, Steamed Carrots, Salad Bar, BBQ Sauce, Ketchup, Canned Peaches, Apple Crisp	11 Baked Potato Bar, BBQ Pork, Buffalo Chicken, Shredded Cheese, Jalapenos, Scallions, Steamed Broccoli, Corn, Peppers & Onions, W. Grain Breadstick, Strawberries	12 Crisпитos or Burrito, Salad Bar, Brown Fiesta Rice, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Peppers & Onions, Orange Slices	13 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
Cinnamon Bun, Cereal, Toast, Kiwi, Juice, Milk, Mustard, Jelly	Mini Pancakes, Toast, Applesauce, Juice, Milk, Mustard, Jelly	Banana Waffle Parfait, Cereal, Toast, Banana, Juice, Milk, Mustard, Jelly	Tater Tot Breakfast Bowl, Cereal, Toast, Pop-Tart, Banana, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Syrup, Juice
16 Ham & Cheese Sliders, Salad Bar, Oven Fries, Steamed Broccoli, Canned Peaches, Choc Chip Cookies, Lite Mayo, Mustard	17 Beefaroni or Catfish Strips Mixed Green Salad, Corn, Green Peas, W. Grain Roll, Grapes, Ketchup, Pudding	18 Kraut & Weiners or Breaded Chicken, Pinto Beans, Creamed Potatoes, Collard Greens, W. Grain Roll, Orange Slices, Animal Cookies	19 Taco Salad w/W. Grain Chips or Chicken Quesadilla, Salad Bar, Corn, Black Beans, Shredded Cheese, Sour Cream, Salsa, Peppers & Onions, Canned Pears	20 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Salad Bar, Apple, Ketchup, Mustard
Grilled Cheese, Yogurt, Cereal, Toast, Banana, Juice, Milk, Mustard, Jelly	Breakfast Burrito Bar, Cereal, Toast, Kiwi, Juice, Milk, Mustard, Jelly	Gravy & Biscuit, Hash Browns, 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.