

## Fort Payne High School Lunch & Breakfast Menus May 13-17 & May 20-23, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
13 Teriyaki Chicken, General Tso's Chicken, Salad Bar, Egg Roll, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Canned Peas	14 Pizza or Breaded Chicken, Creamed Potatoes, Mixed Vegetables, Mixed Green Salad, Orange Slices, Apple Crisp	15 Turkey, Cheese, Bacon Wrap, Baked Reg. or Sweet Potato Fries, Carrots & Celery Sticks, Dill Pickle Spear, Ranch Dip, Salad Bar, Canned Peaches	16 Crisпитos, Chicken Quesadilla, Salad Bar, Fiesta Brown Rice, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Fresh Grapes	17 Hamburger or Spicy Chicken Sandwich on W. Grain Bun, Salad Bar, Baked Reg. or Sweet Pot. Fries, Baked Beans, Apples, Ketchup, Mustard, Lt. Mayo, Cheese Slice
Scrambled Egg Bowl (Eggs, Hams, Cheese), Cereal, Toast, Pop-Tart, Kiwi, Jelly, Mustard, Juice	Mini Pancakes, Cereal, Toast, Blueberries, Juice, Milk, Mustard, Jelly	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Syrup, Juice	Sausage, Biscuit, Cereal, Toast, Banana, Juice, Milk, Mustard, Jelly
20 Chicken & Waffles, Honey Roasted Carrots, Mixed Green Salad, Green Beans, Canned Peaches, Ketchup, Syrup	21 BBQ Pork or Chicken Fajita Nachos w/WG Chips, Salad Bar, Mixed Veggies, Cheese Sauce, Salsa, Sour Cream, Orange Slices, Peppers & Onions	22 Chicken Poppers or Fish Nuggets, Salad Bar, Collard Greens, Creamed Potatoes, Choc. Chip Cookie, Fresh Grapes, Ketchup, BBQ Sauce	23 Hot Dog, Salad Bar, Baked Reg. or Sweet Pot. Fries, Baked Beans, Onions, Kraut, Fresh Apples, Ketchup, Mustard, Chili, Shredded Cheese	24 <b>NO SCHOOL HAVE A GREAT SUMMER!</b>
Sausage, Biscuit, Cereal, Toast, Mixed Fruit, Juice, Milk, Mustard, Jelly	Mini Cinnis, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Syrup, Juice	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Syrup, Juice	

\*Low Fat & Fat Free Milk Offered Daily \* Yogurt Parfaits & Chicken & Biscuits and Breakfast Smoothies 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*