

## FP High School November 28- December 2 & December 5- 9, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28 Hamburger Steak w/Gravy, Creamed Potatoes, Green Peas, WG Roll, Grapes, Animal Cookies  *Wildcat Pepperoni Snack (Lunchable) *Chef Salad	29 Pizza Crunchers, Roasted Broccoli, Steamed Carrots, Orange Slices, Pudding Cup  *Wildcat Ham & Cheese Snack (Lunchable) *Chef Salad	30 Baked Potato, Chef Salad, Ham/Turkey, Shredded Cheese, Mozzarella Cheese Sticks, Sour Cream, Butter, Croutons, Bacon Bits, Apple  *Wildcat Pepperoni Snack (Lunchable)	1 Chili or Chicken & Sausage Gumbo, Brown Rice, Grilled Cheese Sandwich, Crackers, Canned Pears  *Wildcat Ham & Cheese Snack (Lunchable) *Chef Salad	2 Double Cheeseburger on W. Grain Bun, Baked Fries, Baked Beans, Lettuce, Tomato, Onions & Pickles, Apple, Lite Mayo, Ketchup, Mustard  *Wildcat Pepperoni Snack (Lunchable) *Chef Salad
Chicken & Biscuit, Cereal, Canned Peaches, Milk	Sausage & Biscuit, Yogurt Parfait & Granola, Cereal, Banana, Orange Juice, Milk	Pancakes & Syrup w/Sausage, Cereal, Applesauce, Milk	Cinni Minis, Yogurt Parfait & Granola, Cereal, Mandarin Oranges, Apple Juice, Milk	Ham, Egg & Cheese Wrap, Cereal, Canned Pears, Milk
5 Chicken Spaghetti, Steamed Carrots, Green Peas, WG Breadstick, Canned Peaches, Choc Bear Cookie  *Wildcat Pepperoni Snack (Lunchable) *Chef Salad	6 Baked Fish, Rice, Mozzarella Cheese Sticks, Roasted Broccoli, Fresh Grapes, Chocolate Chip Cookie  *Wildcat & Cheese Snack (Lunchable) *Chef Salad	7 Chili or Chicken & Sausage Gumbo, Brown Rice, Grilled Cheese Sandwich, Crackers, Canned Pears  *Wildcat Pepperoni Snack (Lunchable) *Chef Salad	8 Fish or Chicken Tacos, Charro Beans, Shredded Cheese, Cabbage, Tomatoes, Tomatillo Salsa, Canned Peaches, Taco Sauce, Reg. Salsa  *Wildcat Ham & Cheese Snack (Lunchable) *Chef Salad	9 Hot Wings w/WG Roll or Baked Corn Dog, Baked Beans, Baked Fries, Apple, Ketchup, Mustard, Honey Graham Cookie  *Wildcat Pepperoni Snack (Lunchable) *Chef Salad
Pancakes & Syrup w/Sausage, Cereal, Banana, Milk	Ham, Egg & Cheese Wrap Yogurt Parfait & Granola, Cereal, Orange Juice, Milk	Cinni Minis, Cereal, Canned Mixed Fruit, Milk	Sausage & Biscuit, Yogurt Parfait & Granola, Cereal, Apple Juice, Milk	Chicken & Biscuit, Cereal, Mandarin Oranges, Milk

\*Low Fat & Fat Free Milk Offered Daily

\*Lite Ranch & Italian Salad Dressing Available Daily

\*A second serving of fruit is available at lunch in compliance with HHFKA of 2010

Student Meal Prices-Breakfast \$1.15, \$2.25, Reduced Breakfast- 30 Cents, Reduced Lunch 40 Cents

Employee Meal Prices- Breakfast \$2.00, Lunch \$3.25

[A la carte Items available each day-](#)

\*Menu subject to change due to shortages

Hot Cheetos 0.50 cents

SC & Onion Baked Chips 0.50 cents

Mello Yello Zero \$1.25

Cheese Doritos 0.50 cents

Sweet Chili Doritos 0.50 cents

Coke Zero \$1.25

Baked BBQ chips 0.50 cents

Choc. Chip Muffins 0.50 cents

Rice Krispy Treat 0.50 cents

Blueberry Muffins 0.50 cents

**\*\*Apples provided by Crow Mtn. Farms\*\***

Powerade Zero \$1.00

Dr. Pepper Zero \$1.25