

Fort Payne High School Lunch & Breakfast Menus October 14-18 & October 21-25, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
14 Pizza or Chicken Poppers, Creamed Potatoes, Mixed Vegetables, Mixed Green Salad, Orange Slices, Apple Crisp	15 BBQ Pork or Buffalo Chicken, Baked Potato, Shredded Cheese, Butter, Sour Cream, Green Peas, W. G. Roll, Fresh Pear, Choc. Chip Cookie	16 Turkey, Cheese, Bacon Wrap or Burrito, Baked Reg. or Sweet Potato Fries, Carrots & Celery Sticks, Dill Pickle Spear, Ranch Dip, Salad Bar, Fresh Peach	17 Crisпитos, Chicken Quesadilla, Salad Bar, Fiesta Brown Rice, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Fresh Grapes	18 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
Egg & Cheese on Southern Style Biscuit, 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
21 Chicken & Waffles, Honey Roasted Carrots, Mixed Green Salad, Green Beans, Canned Peaches, Ketchup, Syrup	22 BBQ Pork or Chicken Fajita Nachos w/WG Chips, Salad Bar, Mixed Veggies, Cheese Sauce, Salsa, Sour Cream, Orange Slices, Peppers & Onions	23 Chef Salad, Turkey, Baked Potato (Reg. or Sweet), (2) Mozzarella Sticks, Cheese, Sour Cream, W. Grain Crackers, Butter, Croutons, Bacon Bits, Fresh Pear	24 Spaghetti Sauce w/ Meat Sauce, WG Noodles, Salad Bar, Mozzarella Cheese Sticks, Green Peas, Corn, Canned Peaches, W. G. Roll	25 Hot Dog, Salad Bar, Baked Reg. or Sweet Pot. Fries, Baked Beans, Onions, Kraut, Fresh Apples, Ketchup, Mustard, Chili, Shredded Cheese
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	Yogurt, Granola, Cereal, Toast, Pop-Tart, Banana, 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 to check balances, set up email reminders and/or deposit money into your child's lunch account.

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