

Fort Payne High School Lunch & Breakfast Menus September 16-20 & September 23-27, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
16 Teriyaki Chicken, General Tso's Chicken, Salad Bar, Egg Roll, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Canned Pears	17 Pizza or Chicken Poppers, Creamed Potatoes, Mixed Vegetables, Mixed Green Salad, Orange Slices, Apple Crisp	18 Turkey, Cheese, Bacon Wrap, Baked Reg. or Sweet Potato Fries, Carrots & Celery Sticks, Dill Pickle Spear, Ranch Dip, Salad Bar, Fresh Peach	19 Crisпитos, Chicken Quesadilla, Salad Bar, Corn, Cowboy Beans, Cheese Sauce, Sour Cream, Salsa, Fresh Grapes	20 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
Scrambles Eggs, Ham, 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
23 Chicken & Waffles, Honey Roasted Carrots, Mixed Green Salad, Green Beans, Canned Peaches, Ketchup, Syrup	24 BBQ Pork or Chicken Fajita Nachos w/WG Chips, Salad Bar, Steamed Broccoli, Corn, Cheese Sauce, Salsa, Sour Cream, Orange Slices, Peppers & Onions	25 Chef Salad, Turkey, Baked Potato (Reg. or Sweet), (2) Mozzarella Sticks, Cheese, Sour Cream, W. Grain Crackers, Butter, Croutons, Bacon Bits, Fresh Pear	26 Country Fried Steak or Fish Nuggets, Salad Bar, Collard Greens, Macaroni & Cheese, Choc. Chip Cookie, Fresh Peach, Ketchup, BBQ Sauce	27 Hot Dog, Salad Bar, Baked Reg. or Sweet Pot. Fries, Baked Beans, Onions, Kraut, Fresh Apples, Ketchup, Mustard, Chili, Shredded Cheese
Egg & Cheese on Southern Style 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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