

## FP High School September 20-24 & September 27- Oct 1, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
20 Chicken Poppers, Creamed Potatoes, Green Beans, WG Roll, Pudding Cup, Canned Peaches, Ketchup, Milk  *Chef Salad *Spicy Chicken Salad	21 Salisbury Steak w/Gravy or Fish Nuggets, Green Peas, Steamed Carrots, WG Roll, Orange Slices, Banana Muffin, Milk	22 Spaghetti w/Meat Sauce and WG Noodles, Steamed Broccoli, Corn, WG Roll, Canned Pears, Blueberry Muffin, Milk  *Chef Salad *Spicy Chicken Salad	23 Chicken Quesadilla or Burrito, Cowboy Beans, Cheese Sauce, Salsa, Fresh Pear, WG Animal Cookies, Milk  *Chef Salad *Spicy Chicken Salad	24 Hamburger or Spicy Chicken Sandwich on W. Grain Bun, Baked Fries, Baked Beans, Apple, Lite Mayo, Ketchup, Mustard, Choc. Chip Cookie, Milk  *Chef Salad *Spicy Chicken Salad
Apple or Cherry Frudel, Banana, Milk	Blueberry Mini Pancakes, Orange Juice, Milk	Chicken & Biscuit, Banana, Milk	Sausage & Biscuit, Apple Juice, Milk	Mini Cinnis, Mandarin Oranges, Milk
27 BBQ Chicken Strips, Creamed Potatoes, Green Beans, WG Roll, Canned Pears, Choc Bear Cookie, Milk  *Chef Salad *Spicy Chicken Salad	28 Pizza, Green Peas, Steamed Carrots, Strawberry Cup, WG Animal Cookies, Milk  *Chef Salad *Spicy Chicken Salad	29 Ham & Cheese on W. Grain Wrap, Baked Fries, Baby Carrots, Ranch Dip, Banana, Lite Mayo, Mustard, Ketchup, Choc. Chip Cookie, Milk  *Chef Salad *Spicy Chicken Salad	30 Taco w/WG Chips, Black Beans, Cheese Sauce, Salsa, Fresh Pear, WG Animal Cookies, Milk  *Chef Salad *Spicy Chicken Salad	1 Hot Dog w/WG Bun, Baked Beans, Baked Fries, Apple, Ketchup, Mustard, Cinnamon Bear Cookie, Milk  *Chef Salad *Spicy Chicken Salad
Chicken & Biscuit, Banana, Milk	Egg & Cheese Biscuit, Orange Juice, Milk	Yogurt, Granola, Blueberry Muffin, Canned Mixed Fruit, Milk	Sausage & Biscuit, Apple Juice, Milk	Blueberry Mini Pancakes, 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, Reduced Breakfast- 30 Cents, Lunch \$2.25, Reduced Lunch 40 Cents

Employee Meal Prices- Breakfast \$1.75, Lunch \$3.00

[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

Peace Tea \$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

DR Pepper Zero \$1.25

Rice Krispy Treat 0.50 cents

Blueberry Muffins 0.50 cents

Mello Yello Zero \$1.25

Blueberry Nutri-Grain Bar 0.50 cents

Powerade Zero (Blueberry) \$1.00

Strawberry Nuti-Grain Bar 0.50 cents

Powerade Zero (Grape) \$1.00