

Fort Payne Middle School December 17-21 & January 8-11, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
17 Spaghetti Sauce w/ Meat, WG Noodles or Mozzarella Cheese Sticks, Steamed Broccoli, Steamed Carrots, Mixed Green Salad, Roll, Canned Peaches	18 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Fresh Orange Slices	19 Chef Salad, Turkey, Baked Potato (Reg. or Sweet), Mozzarella Stick, Cheese, Sour Cream, Crackers, Butter, Croutons, Bacon Bits, Fresh Grapes	20 Crispito or Chicken Fajita w/W. Grain Wrap, Cowboy Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Peppers & Onions, Canned Pears	21 Hot Wings or Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Mixed Green Salad, Apples, Ketchup, Mustard, Choc. Bear Cookie
Sausage Links, Scrambled Eggs, Biscuit, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Fresh Grapes, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Syrup, Juice	Mini Pancakes, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Juice	Yogurt, Granola, Cereal, Toast, Pop-Tart, Banana, Juice
7 NO SCHOOL TEACHER WORKDAY	8 Country Fried Steak W/Gravy or Breaded Chicken, Creamed Potatoes, Green Beans, Mixed Green Salad, Roll, Canned Peaches	9 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Fresh Orange Slices	10 Chicken Poppers, Fish Nuggets Steamed Broccoli, Steamed Carrots, Mixed Green Salad, Roll, Grapes, BBQ Sauce, Ketchup, Apple Crisp	11 Hamburger or Spicy Chicken Sandwich on W. Grain Bun, Baked Reg. or Sweet Potato Fries, Baked Beans, Mixed Green Salad, Fresh Apples, Ketchup, Mustard, Lt. Mayo
	Ham, Scrambled Eggs, Biscuit, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	Sausage & Biscuit, Cereal, Toast, Pop-Tart, Fresh Grapes, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Syrup, Juice	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Fresh Grapes, Jelly, Mustard, Juice

*Low Fat & Fat Free Milk Offered Daily *Yogurt Parfaits Offered Daily at Breakfast *Asst. Salad Dressings at Lunch

Student Meal Prices-Breakfast \$1.00, Reduced Breakfast- 30 Cents, Lunch \$1.85, 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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