

## Fort Payne Middle School December 2-6 & December 9 13, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken & Waffles, Corn, Mixed Green Salad, Steamed Broccoli, Canned Peaches, Ketchup, Syrup	3 Chicken Parmesan, Spaghetti Noodles, Mixed Green Salad, Steamed Carrots, Green Beans, W. Grain Roll, Grapes	4 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Orange Slices	5 Crisпитos or Chicken Fajita w/W. Grain Wrap, Cowboy Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Canned Peas	6 Hamburger or Spicy Chicken Sandwich on W. G. Bun, Baked Reg. or Sweet Pot. Fries, Baked Beans, Mixed Green Salad, Apple, Ketchup, Mustard, Lt. Mayo, Cheese Slice, Sliced Tomato, Sliced Onions
Chicken & Biscuit, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Fresh Strawberries, Jelly, Syrup, Juice	Mini Pancakes, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Juice	Egg & Cheese on Southern Style Biscuit, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	Breakfast Pizza, Cereal, Toast, Pop-Tart, Banana, Jelly, Juice
9 Baked Chicken Fillet, Creamed Potatoes, Mixed Green Salad, Green Peas, W. Grain Roll, Fresh Pear, Apple Crisp	10 Lasagna Roll w/ Meat Sauce or Breaded Chicken, Steamed Broccoli, Mixed Green Salad, W. Grain Roll, Orange Slices	11 Chili or Taco Soup, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Canned Peaches	12 Taco Salad w/W. Grain Chips or Burrito, Hominy, Black Beans, Mixed Green Salad, Shredded Cheese, Sour Cream, Salsa, Grapes	13 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Baked Beans, W. G. Breadstick, Ranch Dressing, Mixed Green Salad, Choc. Bear Cookie, Apple, Ketchup, Mustard
Chicken & Biscuit, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Mustard, Juice	Scrambled Eggs, Ham, Cereal, Toast, Pop-Tart, Strawberries, Jelly, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Fresh Kiwi, Jelly, Syrup, Juice	Egg & Cheese on Southern Style Biscuit, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	Yogurt, Granola, Muffin, Cereal, Toast, Pop-Tart, Banana, 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](http://www.PayPAMS.com) to check balances, set up email reminders and/or deposit money into your child's lunch account.

*This institution is an equal opportunity provider*