

Fort Payne Middle School January 13-17 & January 20-24, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
13 Pizza or Chicken Poppers, Corn, Steamed Broccoli, Mixed Green Salad, Canned Pears, Ketchup, BBQ Sauce	14 Chicken Parmesan, Spaghetti Noodles, Mixed Green Salad, Steamed Carrots, Green Beans, W. Grain Roll, Grapes	15 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Canned Peaches	16 Breakfast for Lunch- Scrambled Eggs, Southern Style Biscuit, Breaded Chicken, Hash Browns, Jelly, Sliced Tomatoes, Butter, Orange Slices	17 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	Mini Cinnis, Cereal, Toast, Pop-Tart, Banana, Jelly, Juice
20 NO SCHOOL M.L. King Day	21 Spaghetti Sauce w/ Meat & Spaghetti Noodles or Mozzarella Cheese Sticks, Steamed Broccoli, Mixed Veggies, Mixed Green Salad, W. G. Roll, Orange Slices	22 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Canned Peaches	23 Crisпитos or Chicken Fajita w/W. G. Wrap, Cowboy Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Peppers & Onions, Grapes	24 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
	Egg & Cheese on Southern Style Biscuit, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Fresh Kiwi, Jelly, Syrup, Juice	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Applesauce, 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 to check balances, set up email reminders and/or deposit money into your child's lunch account.

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