

Fort Payne Middle School January 14-18 & January 21-25, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
14 Teriyaki Chicken or General Tso's Chicken, Egg Roll, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Canned Peaches, Mixed Green Salad	15 BBQ Pork or Ham Stuffed Baked Potato, Steamed Broccoli, Mixed Green Salad, Sour Cream, Shredded Cheese, Butter, Breadstick, Animal Cookies, Fresh Grapes	16 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Fresh Orange Slices	17 Crispito or Chicken Fajita w/W. Grain Wrap, Cowboy Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Peppers & Onions, Canned Pears	18 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
Chicken & Biscuit, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Mustard, Juice	Oatmeal, Sausage, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	Sausage Links, Scrambled Eggs, Biscuit, Cereal, Toast, Pop-Tart, Fresh Strawberries, Jelly, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Syrup, Juice	Mini Cinnis, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Juice
21 NO SCHOOL Martin Luther King Jr. Day	22 Chicken Poppers, Roasted Potatoes, Mixed Green Salad, Green Beans, Chocolate Chip Cookie, Canned Peaches, Ketchup, BBQ Sauce	23 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Mixed Green Salad, Crackers, Fresh Grapes	24 Breakfast for Lunch- Scrambled Eggs, WG Biscuit, Chicken, Hash Browns, Jelly, Sliced Tomatoes, Butter, Orange Slices	25 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
	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, Banana, Jelly, Juice	Yogurt, Granola, Cereal, Toast, Pop-Tart, Kiwi, 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.

This institution is an equal opportunity provider