

Fort Payne Middle School March 11-15 & March 18-22, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
11 Chicken & Waffles, Honey Roasted Carrots, Mixed Green Salad, Green Beans, Canned Peaches, Ketchup, Syrup	12 Turkey Tetrazzini, Mixed Vegetables, Mixed Green Salad, Roll, Chocolate Chip Cookie, Orange Slices	13 BBQ Pork or Ham Stuffed Baked Potato, Steamed Broccoli, Mixed Green Salad, Sour Cream, Shredded Cheese, Butter, Breadstick, Animal Cookies, Fresh Grapes	14 Taco Salad w/W. Grain Chips or Chicken Fajita Wrap, Cowboy Beans, Mixed Green Salad, Shredded Cheese, Sour Cream, Salsa, Peppers & Onions, Canned Pears	15 Hot Dog on W. Grain Bun, Baked Reg. or Sweet Potato Fries, Baked Beans, Mixed Green Salad, Fresh Apples, Ketchup, Mustard, Chili, Cheese, Kraut, Onions
Chicken & Biscuit, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Mustard, Juice	Apple or Cherry Frudel, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	Ham, 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
18 Teriyaki Chicken or General Tso's Chicken, Egg Roll, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Canned Pears, Mixed Green Salad	19 Chicken Poppers or Fish Nuggets, Roasted Potatoes, Mixed Green Salad, Green Beans, Chocolate Chip Cookie, Canned Peaches, Ketchup, BBQ Sauce	20 Breakfast for Lunch- Scrambled Eggs, WG Biscuit, Chicken, Hash Browns, Jelly, Sliced Tomatoes, Butter, Orange Slices	21 Crispito or Chicken Fajita w/W. Grain Wrap, Cowboy Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Peppers & Onions, Grapes	22 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
Scrambled Egg Bowl (Eggs, Hams, Cheese), Cereal, Toast, Pop-Tart, Kiwi, 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, 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.

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