

## Fort Payne Middle School March 9-13 & March 16-20, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
9 Steak or Fish Nuggets, Mac & Cheese, Collard Greens, Pinto Beans, Mixed Green Salad, Canned Pears, Ketchup	10 Ham & Cheese Wrap, Baked Oven Fries, Steamed Broccoli, Corn, Mixed Green Salad, Animal Cookies, Orange Slices, Mustard, Lite Mayo, Ketchup	11 Chicken Parmesan, Spaghetti Noodles, Mixed Green Salad, Steamed Carrots, Green Beans, W. Grain Roll, Canned Peaches	12 Taco Salad w/W. Grain Chips or Burrito, Black Beans, Brown Fiesta Rice, Mixed Green Salad, Shredded Cheese, Sour Cream, Salsa, Peppers & Onions, Grapes	13 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 Pineapple, Jelly, Syrup, Juice	Mini Pancakes, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Juice	Tater Tot Breakfast Bowl, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Juice	Mini Cinnis, Cereal, Toast, Pop-Tart, Banana, Jelly, Juice
16 Beefaroni or Fish Patty, Steamed Broccoli, Corn, Mixed Green Salad, W. G. Roll, Orange Slices, Ketchup	17 Cheesy Chicken & Rice, Green Peas, Steamed Carrots, Mixed Green Salad, Canned Pears, W. Grain Roll, Apple Crisp	18 Baked Potato Bar, BBQ Pork, Buffalo Chicken, Shredded Cheese, Jalapenos, Carrots & Celery Sticks, Ranch Dip, W. Grain Breadstick, Choc. Chip Cookies, Canned Peaches	19 Crisпитos or Chicken Fajita w/W. G. Wrap, Cowboy Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Peppers & Onions, Grapes	20 Hot Dog, Baked Reg. or Sweet Pot. Fries, Baked Beans, Mixed Green Salad, Apple, Ketchup, Mustard, Lite Mayo, Chili, Shredded Cheese, Onions, Kraut
Breakfast Burrito Bar, Cereal, Toast, Pop-Tart, Fresh Kiwi, Jelly, Syrup, Juice	Biscuit & Gravy, Hash Browns, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Fresh Grapefruit, Jelly, Syrup, Juice	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Mustard, Juice	Banana Waffle Parfait, 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*