

FP Middle School Jan. 22-26 & Jan. 29 -Feb. 2, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
22 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or Roasted Chicken , Mac & Cheese, Black-Eyed Peas, WG Roll, WG Animal Crackers, Assorted Fresh Fruit, Milk Wildcat Munchable Snack Chef Salad Wildcat PBJ Quick Lunch	23 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or Sliced Turkey Breast , Creamed Potatoes, Pink-Eyed Peas, WG Roll, WG Brownie, Assorted Fruit Canned, Milk *Wildcat Munchable Snack *Chef Salad Wildcat PBJ Quick Lunch	24 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or Homemade Chili , Grilled Cheese, WG Crackers, Shredded Cheese, Veggie Cup W/Lite Ranch, Assorted Fresh Fruit, Milk *Wildcat Munchable Snack *Chef Salad Wildcat PBJ Quick Lunch	25 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or Barry's BBQ Pork , Steamed Broccoli, Baked Fries, WG Roll, WG Honey Bun, Ketchup, Assorted Fruit Canned, Milk *Wildcat Munchable Snack *Chef Salad Wildcat PBJ Quick Lunch	26 Pizza , Mixed Green Salad, Veggie Cup w/ Lite Ranch, or Chicken Fajita Nachos , WG Tortilla Chips, Cheese Sauce, Salsa, Jalapenos , Corn, Black Beans, WG Choc Bear Cookie, Assorted Fresh Fruit, Milk *Wildcat Munchable Snack *Chef Salad Wildcat PBJ Quick Lunch
Cinnamon Toast Crunch Cheese Filled Pastry, Assorted Cereal, Yogurt Parfait/Granola, Assorted Fresh Fruit, Milk	Steak Biscuit, Assorted Cereal, Assorted Fruit Juice, Milk	Assorted Mini Pancakes/ Syrup, Yogurt Parfait & Granola, Assorted Cereal, Assorted Fresh Fruit, Milk	Spicy Chicken Biscuit, Assorted Cereal, Assorted Fruit Juice, Milk	Yogurt w/ Muffin, Assorted Cereal, Assorted Fruit Canned, Milk
29 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or BBQ Chicken Strips , Mac & Cheese, Black-Eyed Peas, WG Roll, WG Brownie, Assorted Fresh Fruit, Milk *Wildcat Munchable Snack *Chef Salad Wildcat PBJ Quick Lunch	30 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or Crispitos , Cheese Sauce, Salsa, Steamed Broccoli, Corn, Assorted Fruit Canned, Milk Wildcat Munchable Snack Chef Salad Wildcat PJB Quick Lunch	31 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or Homemade Chicken & Sausage Gumbo w/Brown Rice, Grilledl Cheese, Veggie Cup W/Lite Ranch, Assorted Fruit Canned, Milk *Wildcat Munchable Snack *Chef Salad Wildcat PBJ Quick Lunch	1 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch, Turkey/Cheese Wrap , Baked Nacho Doritos, Baby Carrots w/Ranch Dip, Lettuce, Sliced Tomatoes, Lite Mayo, Mustard, Assorted Fresh Fruit, Milk Wildcat Munchable Snack Chef Salad Wildcat PBJ Quick Lunch	2 Pizza , Mixed Green Salad, Veggie Cup w/Lite Ranch or Chicken Fajita Sub w/ WG Bun, Baked Fries, Salsa, Shredded Cheese, Ketchup, Lite Mayo, Pinto Beans, Assorted Fruit Canned, Milk *Wildcat Munchable Snack *Chef Salad Wildcat PBJ Quick Lunch
Cinnamon Rolls, Yogurt Parfait & Granola, Assorted Cereal, Assorted Fresh Fruit, Milk	Chicken Biscuit, Assorted Cereal, Assorted Fruit Juice, Milk	WG Donuts, Yogurt Parfait & Granola, Assorted Cereal, Assorted Fruit Canned, Milk	Yogurt w/Muffin, Assorted Cereal, Assorted Fruit Juice, Milk	Assorted Pancakes w/Syrup, Yogurt Parfait & Granola, Assorted Cereal, Assorted Fresh Fruit, Milk

*Low Fat & Fat Free Milk Offered Daily

*Lite Ranch & Italian Salad Dressing Available Daily

Employee Meal Prices- Breakfast \$2.85, Lunch \$4.35

*Menu subject to change due to shortages

A la carte Items available each day

This institution is an equal opportunity provider.

****Apples provided by Crow Mtn. Farms**

****BBQ Pork provided by Barry's BBQ (Fyffe, Al)**