

Fort Payne Middle School November 12-16 & November 26-30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
12 Veteran's Day No School	13 Chicken Poppers, Sweet Potatoes, Romaine Salad, Green Peas, Roll, Canned Peaches, Ketchup, BBQ Sauce, Butter	14 Turkey & Dressing, Sweet Potatoes, Romaine Salad, Green Beans, Roll, Orange Slices	15 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Romaine Salad, Crackers, Fresh Grapes	16 Hamburger or Spicy Chicken Sandwich on W. Grain Bun, Baked Reg. or Sweet Potato Fries, Baked Beans, Romaine Salad, Fresh Apple, Ketchup, Mustard, Lt. Mayo
	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Fresh Grapes, 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, Kiwi, Jelly, Mustard, Juice
26 Spaghetti Sauce w/ Meat, WG Noodles or Mozzarella Cheese Sticks, Steamed Broccoli, Steamed Carrots, Romaine Salad, Roll, Canned Peaches	27 Chili or Gumbo, Brown Rice, Toasted Cheese Sandwich, Romaine Salad, Crackers, Fresh Orange Slices	28 Chef Salad, Turkey, Baked Potato (Reg. or Sweet), Mozzarella Stick, Cheese, Sour Cream, Crackers, Butter, Croutons, Bacon Bits, Fresh Grapes	29 Crispito or Chicken Fajita w/W. Grain Wrap, Cowboy Beans, Romaine Salad, Cheese Sauce, Sour Cream, Salsa, Peppers & Onions, Canned Pears	30 Hot Wings or Corn Dog, Baked Reg. or Sweet Pot. Fries, Breadstick, Ranch Dressing, Baked Beans, Romaine Salad, Apples, Ketchup, Mustard, Choc. Bear Cookie
Sausage Links, Scrambled Eggs, Biscuit, Cereal, Toast, Pop-Tart, Canned Peaches, 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, Applesauce, Jelly, Juice	Yogurt, Granola, 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.

This institution is an equal opportunity provider