

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

Monday	Tuesday	Wednesday	Thursday	Friday
14 Chicken & Waffles, Steamed Carrots, Mixed Green Salad, Green Beans, Canned Peaches, Ketchup, Syrup	15 Breaded Chicken or Salisbury Steak, Creamed Potatoes, Green Beans, Mixed Green Salad, Roll, Gravy, Chocolate Chip Cookie, Orange Slices	16 BBQ Pork or Buffalo Chicken, Baked Potato, Shredded Cheese, Butter, Sour Cream, Steamed Broccoli, W. G. Roll, Fresh Pear, Choc. Chip Cookie, Mixed Green Salad	17 Spaghetti Sauce w/ Meat, WG Noodles or Mozzarella Cheese Sticks, Mixed Veggies, Mixed Green Salad, WG Roll, Grapes	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, Lite Mayo, Cheese Slice
Chicken & Biscuit, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Mustard, Juice	Mini Cinnis, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Juice	Scrambled Eggs, Ham, Biscuit, Cereal, Toast, Pop-Tart, Fresh Strawberries, Jelly, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Syrup, Juice	Apple or Cherry Frudel, Hashbrowns, Cereal, Toast, Pop-Tart, Canned Pears, Jelly, Juice
21 Buffalo Chicken Wrap or Burrito, Mozzarella Sweet Potatoes, Broccoli, Mixed Green Salad, Cheese Sauce, Salsa, Sour Cream, Canned Pears	22 Steak or Fish Nuggets, Creamed Potatoes, Mixed Green Salad, Collard Greens, Chocolate Chip Cookie, Grapes, Ketchup	23 Breakfast for Lunch- Scrambled Eggs, Southern Style Biscuit, Breaded Chicken, Hash Browns, Jelly, Sliced Tomatoes, Butter, Orange Slices	24 Crisпитos or Chicken Quesadilla, Fiesta Rice, Cowboy Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Orange Slices	25 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
Egg & Cheese on a Southern Style Biscuit, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Mustard, Juice	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Fresh Grapes, Jelly, Mustard, Juice	Pancake on a Stick, Hashbrowns, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Syrup, Juice	Sausage, Biscuit, Cereal, Toast, Pop-Tart, Banana, 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.

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