

## Fort Payne Middle School September 16-20 & September 23-27, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
16 Chicken & Waffles, Honey Roasted Carrots, Mixed Green Salad, Green Peas, Canned Peaches, Ketchup, Syrup	17 Breaded Chicken or Salisbury Steak, Creamed Potatoes, Collard Greens, Mixed Green Salad, Roll, Gravy, Chocolate Chip Cookie, Orange Slices	18 Teriyaki or General Tso's Chicken, Egg Roll, Mixed Green Salad, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Apple	19 Spaghetti Sauce w/ Meat, WG Noodles or Mozzarella Cheese Sticks, Mixed Veggies, Mixed Green Salad, WG Roll, Grapes	20 Hamburger or Spicy Chicken Sandwich on W. Grain Bun, Baked Reg. or Sweet Potato Fries, Baked Beans, Mixed Green Salad, Apple, 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
23 Pizza or Chicken Poppers, Corn, Steamed Broccoli, Mixed Green Salad, Canned Pears, Ketchup, BBQ Sauce	24 Steak or Fish Nuggets, Creamed Potatoes, Mixed Green Salad, Collard Greens, Chocolate Chip Cookie, Grapes, Ketchup	25 Breakfast for Lunch- Scrambled Eggs, Southern Style Biscuit, Breaded Chicken, Hash Browns, Jelly, Sliced Tomatoes, Butter, Orange Slices	26 Crisпитos or Chicken Quesadilla, Fiesta Rice, Refried Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Canned Pears	27 Hot Dog on W. Grain Bun, Baked Reg. or Sweet Potato Fries, Baked Beans, Mixed Green Salad, Apple, Ketchup, Mustard, Chili, Cheese, Kraut, Onions
Scrambled Egg Bowl (Eggs, Sausage, Cheese), 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](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*