



2023-2024 FCMS & FCHS



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Trazzini w/Biscuit Stick Loaded Baked Potato Bar Popcorn Chicken w/Cornbread Orange Chicken w/Rice Cheese Pizza Broccoli w/Cheese Glazed Carrots Baked Beans Far East Veggie Blend Fresh Honeydew Wedge Fresh Fruit Variety	Pot Roast w/Potatoes Chicken Soft Tacos Chicken Tenders w/Doritos Chicken Parmesan Italian Calzone Sweet Potato Fries Green Beans Roasted Redskin Potatoes Venetian Veggie Blend Fresh Citrus Mix Fresh Fruit Variety	Turkey Manhattan Bean Burrito w/Rice Boneless Buffalo Wing Basket Pasta Bake w/Garlic Bread Sausage Pizza Roasted Edamame Steamed Broccoli Roasted Root Veggies Roasted Mushrooms Fresh Kiwi & Blueberries Fresh Fruit Variety	Lasagna w/Garlic Toast Chicken Nuggets w/Roll Meatball Hoagie Walking Taco Mozz. Sticks w/Marinara Jalapeno Corn Baked Beans Asparagus w/6 Pepper Blend Baked Potato Fresh Grapes Fresh Fruit Variety	Chicken Quesadilla Crispy Fish w/Cornbread Poppers Spicy Chicken Tenders w/Doritos Chicken & Waffles Fiesta Pizza Yogurt Parfait Buffalo Cauliflower Green Beans Succotash Veggie Blend SideKick Juice Slushie Fresh Fruit Variety
Spaghetti w/Meat Sauce & Breadstick Chicken Fajitas w/Rice FCS Grizzly Bowl Chicken Nuggets w/Cornbread Poppers Pepperoni Pizza Roasted Broccoli Mashed Potatoes Buttery Corn Capri Veggie Blend Fresh Cantaloupe Wedge Fresh Fruit Variety	Beef Soft Tacos Cheese Quesadilla Chicken Tenders w/Doritos Stuffed Crust Pizza Hot Dog Bar Fiesta Black Beans Roasted Cauliflower Tater Tots Garden Peas Fresh Citrus Mix Fresh Fruit Variety	Brunch for Lunch Bowl Sloppy Joe Sandwich Chicken Tenders w/Sweet Chili Doritos Teriyaki Chicken w/Broccoli & Rice Bosco Sticks Diced Maple Sweet Potatoes Green Beans Roasted Root Veggies Far East Veggie Blend Fresh Kiwi & Blueberries Fresh Fruit Variety	Buffalo Mac Meatball Hoagie Chicken Drumstick w/Mac & Cheese Yogurt Parfait Italian Calzone Broccoli w/Cheese Roasted Carrots w/Pesto Baked Potato Corn on the Cob Fresh Grapes Fresh Fruit Variety	Salisbury Steak w/Mashed Potatoes Philly Cheesesteak Popcorn Chicken Basket Sausage Gravy Biscuit Four Cheese Pizza Baked Beans Cinnamon Butternut Squash Roasted Edamame Venetian Veggie Blend SideKick Juice Slushie Fresh Fruit Variety

Chicken & Waffles Burrito Bowl Pulled Pork Nachos Chicken Nuggets w/Cornbread Bites Fiesta Pizza Green Beans Glazed Carrots Roasted Red Potatoes Roasted Mushrooms Fresh Watermelon Wedge Fresh Fruit Variety	Vanilla Yogurt Parfait Chicken Alfredo w/Breadstick Chicken Drumstick w/Mac & Cheese Nacho Supreme Mozz. Sticks w/Marinara Jalapeno Corn Refried Beans Baked Potato Succotash Veggie Blend Fresh Citrus Mix Fresh Fruit Variety	Hot Dog Bar Italian Sub Grilled Cheese w/Tomato Soup Honey Sriracha Boneless Wing Basket Texas Pork BBQ Sandwich Stuffed Crust Pizza Roasted Mushrooms Baked Beans Cheesy Cauliflower Roasted Broccoli Fresh Kiwi & Blueberries Fresh Fruit Variety	Chicken Chimichanga Loaded Totchos Popcorn Chicken w/Roll Buffalo Chicken Quesadilla Pepperoni Pizza Garden Peas Sweet Potato Fries Kyoto Veggie Blend Cheesy Broccoli Fresh Grapes Fresh Fruit Variety	Fajita Chicken Pasta Cheese Ravioli w/Marinara Chicken Tenders w/Sweet Chili Doritos Bosco Sticks Roasted Brussel Sprouts Harvest Veggie Blend Tater Tots Buttery Corn SideKick Juice Slushie Fresh Fruit Variety
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August 2023						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Entrees Offered Daily:

- Salad & Smoothie Bar
- Veggie Burger
- Hamburger
- Chicken Sandwich
- Bento Boxes
- Assorted Wraps & Cold Sandw

Fresh Fruit & Veggie Sides Offered Daily:

- Garden Side Salad
- Carrots & Celery Sticks
- Broccoli & Cauliflower
- Mini Peppers
- Assorted Whole Fruits
- Cucumber Slices
- Sugar Snap Peas

Milk Offered Daily:

- 1% White
- 1% Chocolate
- 1% Strawberry

Menu may change without notice.
This institution is an equal opportunity provider.



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