

~APRIL 2017~

FORT PLAIN JR/SR HIGH SCHOOL: GRADE 7-12: LUNCH

ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Office of Child Nutrition: 993-4000 #1003

MENU SUBJECT TO CHANGE WITHOUT NOTICE


3		4 SOUP & SANDWICH		5 SOUP & SANDWICH		6		7	
Rotini w/Beef		Grilled Cheese		Assorted Deli Wraps		Pizza or Calzone		BBQ Bacon Burger	
Honey Wheat Biscuit		Tomato Soup (RO)		Beef Noodle Soup		Vegetarian Beans (BL)		Pasta Salad (O)	
Peas (S)		Crackers		Broccoli (DG)		Mandarin Oranges		Diced Pears	
Tropical Fruit Mix		Diced Peaches		Sliced Strawberries		Jello w/topping		Pudding	

10		11 TACO TUESDAY!		12		13 SUB SHOP DAY		14	
Chicken Parmesan		Taco Salad		Hot Dog w/meatsauce		Assorted Subs		SCHOOL CLOSED	
Pasta w/marinara		Mexican Fiesta Rice		Tater Tots (S)		Baked Potato Chips		For SPRING BREAK	
Italian Vegetables (O)		Baked Beans (BL)		Corn (S)		Carrots Sticks (RO)			
Applesauce		Pineapple Tidbits		Blueberries w/cream		Fresh Fruit			
						Cookie			

17		18		19		20		21	
SCHOOL CLOSED		SCHOOL CLOSED		SCHOOL CLOSED		SCHOOL CLOSED		SCHOOL CLOSED	
For SPRING BREAK		Fort SPRING BREAK		For Spring Break		For Spring Break		For Spring Break	

24 BBQ PICNIC DAY		25		26 SOUP & SANDWICH		27		28	
BBQ Baked Chicken		Loaded Nachos		Turkey Club		Buffalo Chicken Patty		Ham & Cheese Bagel	
Macaroni Salad		Steamed Broccoli (DG)		Vegetable Soup (RO)		on a Bun		Garlic Potatoes (S)	
Baked Beans (BL)		Fruit Cocktail		Carrot Sticks (RO)		Soft Pretzel		Corn (S)	
Watermelon		No Bake Cookie		Apple Crisp		Green Beans (O)		Pineapple Tidbits	
Ice Cream						Applesauce			

Low Fat and	<i>Vegetable subgroups:</i>			
Fat Free Milk	<i>Red Orange (RO)</i>			
Served Daily	<i>Bean/Legume (BL)</i>			
	<i>Dark Green (DG)</i>			
	<i>Starchy (S), Other (O)</i>			

- ✓ Daily Lunch Alternates: PBJ Sandwich , Yogurt w/Grain 
- ✓ This institution and the USDA are equal opportunity providers