

~MARCH 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

		1	2 ITALIAN FEAST DAY!	3 TASTE OF SUMMER...
Low Fat and Fat Free Milk Served Daily	Vegetable subgroups: Red Orange (RO) Bean/Legume (BL) Dark Green (DG) Starchy (S), Other (O)	Bacon Cheeseburger Vegetable Soup (O) Mandarin Oranges Jello w/topping	Chicken Parmesan Soft Baked Breadstick Italian Mixed Veggies (O) Diced Peaches Italian Cookie	Double Dog MultiGrain SunChips Baked Beans (BL) Sliced Strawberries Ice Cream
6 BREAKFAST FOR LUNCH	7	8 SUB SHOP DAY	9	10 SUB SHOP DAY
French Toast Sticks Sausage Patty Egg Patty Hash Browns (S) Diced Peaches	Chicken Fajitas Black Beans (BL) SunChips Tropical Fruit Mix	Assorted WG Pizza Steamed Broccoli (DG) Fresh Fruit Pudding w/topping	Spaghetti with Meatsauce Dinner Roll Tossed Salad (DG) Applesauce	Assorted Deli Subs Carrot Sticks w/dip (RO) Baked Lays Chips Sliced Strawberries Cookie
13	14	15 SOUP & SANDWICH	16	17
Popcorn Chicken French Fries (S) Corn (S) Mandarin Oranges	Loaded Nachos Mexican Fiesta Rice Vegetarian Beans (BL) Pineapple Tidbits	Turkey Club Broccoli Ch Soup (DG) Crackers Fresh Fruit	Mac & Cheese Soft Pretzel Winter Blend (DG) Applesauce	Double Cheeseburger Carrot Sticks w/dip (RO) Fruit Cocktail Shamrock Jello
20	21 PICNIC DAY	22 SOUP & SANDWICH	23 GARDEN LUNCH	24
Chicken Nuggets Dinner Roll Sonoma Country Blend(O) Diced Pears	Hot Dogs Baked Beans (BL) Diced Peaches Ice Cream	Grilled Cheese MultiGrain SunChips Tomato Soup (RO) Pickles Fresh Fruit	Vegetable Soup Chef Salad (DG) Soft Garlic Breadstick Tropical Fruit Mix	Buffalo Chicken Patty Curly Fries (S) Green Peas (S) Apple Crisp
27	28	29 SUB SHOP DAY	30 "SUNDAY DINNER"	31
Assorted Pizza Baked Lays Chips Italian Mixed Veggies (O) Mandarin Oranges	Taco Triangles Rice Pilaf Vegetarian Beans (BL) Pineapple Tidbits	Assorted Hot Subs Carrot Sticks w/dip (RO) Fresh Fruit Cookie	Baked Chicken Honey Wheat Biscuit Mashed Potatoes (S) Corn (S) Blueberries w/cream	Chicken Parmesan Pasta Salad Steamed Broccoli (DG) Applesauce

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