




September 2010

Fort Plain Jr/Sr High School - *Breakfast*

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><i>Meal Prices:</i></p> <p>Breakfast \$1.00            Reduced Bkfst .25            K-3 Lunch \$1.50            4-12 Lunch \$1.75            Reduced Lunch .25</p>	<p><i>Quarterly Tickets:</i></p> <p>Breakfast \$40/Qtr            Reduced Bkfst \$10/Qtr            K-3 Lunch \$55/Qtr            4-6 Lunch \$65/Qtr            Reduced Lunch \$10/Qtr</p>	<p>Cereal            Toast            Juice/Milk</p>  <p>8</p>	<p>Sausage, Egg &amp;            Cheese Muffin            Juice/Milk</p> <p>9</p>	<p>Bagel            w/cream cheese            Juice/Milk</p> <p>10</p>
<p>Cereal            Toast            Juice/Milk</p> <p>13</p>	<p>Bacon/Egg/Cheese            on a Muffin            Juice/Milk</p> <p>14</p>	<p>Funnel Cake            Fruit            Juice/Milk</p> <p>15</p>	<p>Pancake on a Stick            Fruit            Juice/Milk</p> <p>16</p>	<p>Bagel            w/cream cheese            Juice/Milk</p> <p>17</p>
<p>Cereal            Toast            Juice/Milk</p> <p>20</p>	<p>Egg &amp; Cheese Muffin            w/sausage            Juice/Milk</p> <p>21</p>	<p>French Toast Sticks            Applesauce            Juice/Milk</p> <p>22</p>	<p>Pop Tart            Fruit            Juice/Milk</p> <p>23</p>	<p>Bagel            w/cream Cheese            Juice/Milk</p> <p>24</p>
<p>Cereal            Toast            Juice/Milk</p> <p>27</p>	<p>Funnel Cake            Fruit            Juice/Milk</p> <p>28</p>	<p>Breakfast Pizza            Fruit            Juice/Milk</p> <p>29</p>	<p>Sausage &amp; Egg            Biscuit w/cheese            Juice/Milk</p> <p>30</p>	<p>Bagel            w/cream cheese            Juice/Milk</p> <p>Oct 1</p>

Did you know? You can put money onto your child's meal account at any time, in any amount. Money on account can be used to pay for meals or snacks. You may also place snack or spending limits on student accounts. Contact the Mrs. Dahlin in the business office (993-4000 ext 3503) for more information.

Free/Reduced Lunch applications carry over from last year, but only until **October 1<sup>st</sup>**. You must fill out a new application each year. Stop by either of the school offices to pick up a free/reduced lunch application today.

Quarterly Tickets are a great way to save money. Purchase a ticket at the start of the 10 week period, paying for all meals for that period at a reduced rate. A student can have both a quarterly ticket and money on account for extra purchases.

*Cereal and bagels served daily as options to the main entrée.*

Menu subject to change without notice



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<p><i>Meal Prices:</i></p> <p>Breakfast \$1.00            Reduced Bkfst .25            K-3 Lunch \$1.50            4-12 Lunch \$1.75            Reduced Lunch .25</p> <p>*Milk served daily</p>	<p><i>Quarterly Tickets:</i></p> <p>Breakfast \$40/Qtr            Reduced Bkfst \$10/Qtr            K-3 Lunch \$55/Qtr            4-6 Lunch \$65/Qtr            Reduced Lunch \$10/Qtr</p>	<p>Ham &amp; Cheese Bagel            Pasta Salad            Diced Carrots            Applesauce</p> <p></p> <p style="text-align: right;">8</p>	<p>Chicken Patty            Rice Pilaf            Peas            Strawberries            w/Topping</p> <p style="text-align: right;">9</p>	<p>Pepperoni Pizza            or Fish on a Bun            MultiGrain SunChips            Spinach            Peaches</p> <p style="text-align: right;">10</p>
<p>Baked Chicken            or Turkey Sandwich            Macaroni Salad            Green Beans            Cherry Delight</p> <p style="text-align: right;">13</p>	<p><b><i>It's Taco Tuesday!</i></b></p> <p>Tacos            Rice            Corn            Applesauce</p> <p style="text-align: right;">14</p>	<p>Sandwiches            Tomato Soup            Veggie Sticks w/Dip            Crackers            Fruit Crisp</p> <p style="text-align: right;">15</p>	<p><b><i>Breakfast for Lunch!</i></b></p> <p>Bacon/Egg/Cheese            Breakfast Sandwich            Pretzels            Fresh Fruit Salad            Pineapple            No Bake Oatmeal Cookie</p> <p style="text-align: right;">16</p>	<p>Hot Dog on a Bun            Nachos w/Cheese            Brown Beans            Broccoli            Peaches</p> <p style="text-align: right;">17</p>
<p>Spaghetti w/Meat            or Meatball Sub            Dinner Roll            Spinach            Apples            Sherbet Cup</p> <p style="text-align: right;">20</p>	<p>Assorted Subs            MultiGrain SunChips            Turkey Veggie Soup            Crackers            Pears</p> <p style="text-align: right;">21</p>	<p>Steak Sandwich            w/peppers &amp; onions            or Chicken Fajitas            Rice Pilaf            Peas            Applesauce</p> <p style="text-align: right;">22</p>	<p>Chef Salad            or Ham Sandwich            Chili Con Carne            Fruit Cocktail            Pudding w/Topping</p> <p style="text-align: right;">23</p>	<p>Popcorn Chicken            Garlic Potatoes            Green Beans            Peaches</p> <p style="text-align: right;">24</p>
<p>Turkey Club            Pretzels            Brown Beans            Pineapple</p> <p style="text-align: right;">27</p>	<p><b><i>It's Taco Tuesday!</i></b></p> <p>Tacos            Spanish Rice            Corn            Pears            No Bake Cookies</p> <p style="text-align: right;">28</p>	<p>Chicken Patty or            Fish on a Bun            Minestrone Soup            Broccoli            Peaches            Crackers</p> <p style="text-align: right;">29</p>	<p>Turkey and Gravy            Mashed Potatoes            (or turkey sandwich)            Creamy Green Beans            Cranberry Sauce            Chocolate Cake</p> <p style="text-align: right;">30</p>	<p>Pizza            Buttered Pasta            Peas &amp; Carrots            Applesauce            Ice Cream Cup</p> <p style="text-align: right;">Oct 1</p>

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*PB & J, Salads, Yogurt/Bread served daily as an option to the main entrée*



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