



# OCTOBER | 2017

## FORT FRYE SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> POP-TART  CHICKEN NUGGETS TATER TOTS H.S. WHEAT ROLL FRUIT CHOICE MILK	<b>3</b> BREAKFAST PIZZA  TACO IN A BAG LETTUCE & CHEESE CORN COCOA CHERRY BAR FRUIT CHOICE MILK	<b>4</b> H.S. FRUIT YOGURT CUP ELEM: GRAHAM CRACKER ELEM.SALISBURY STEAK H.S. COUNTRY FRIED STEAK MASHED POTATOES GRAVY WHEAT ROLL FRUIT CHOICE	<b>5</b> MINI PANCAKES  H.S CHICKEN FAJITA ELEM. HOT DOG COWBOY CORN SALAD TORTILLA SCOOPS FRUIT CHOICE MILK	<b>6</b> CEREAL BAR  PEPPERONI PIZZA SALAD MIX FRUIT CHOICE MILK
<b>9</b> CEREAL  POPCORN CHICKEN MASHED POTATOES GRAVY H.S. WHEAT ROLL FRUIT CHOICE MILK	<b>10</b> MINI WAFFLES CHEESEBURGER ON BUN PICKLES WAFFLE FRIES HOMEMADE PEANUT BUTTER BAR FRUIT CHOICE	<b>11</b> DONUT  MINI CHEESE RAVIOLI GREEN BEANS BREADSTICK FRUIT CHOICE MILK	<b>12</b> BREAKFAST PIZZA  CHICKEN SNACK WRAP CORN FRUIT CHOICE MILK	<b>13</b> POP-TART  PERSONAL PEPPERONI PIZZA POTATO COINS FRUIT CHOICE MILK
<b>16</b> 2-HOUR DELAY SALEM & LOWELL NO BREAKFAST  CEREAL CHICKEN SANDWICH SCALLOPED POTATOES FRUIT CHOICE MILK	<b>17</b> BREAKFAST PIZZA  MINI CORN DOG BAKED BEANS CHEESE STICK FRUIT CHOICE MILK	<b>18</b> H.S. FRUIT YOGURT CUP ELEM. GRAHAM CRACKER  TURKEY & GRAVY OVER BISCUIT BUTTERED PEAS FRUIT CHOICE MILK	<b>19</b> FLAPSTICKS  GRILLED CHEESE SANDWICH TOMATO SOUP GOLD FISH CRACKERS FRUIT CHOICE MILK	<b>20</b> CEREAL BAR  PEPPERONI PIZZA SALAD MIX FRUIT CHOICE MILK
<b>23</b> POP-TART  BAKED CHICKEN DRUMSTICK MASHED POTATOES GRAVY H.S. WHEAT ROLL FRUIT CHOICE MILK	<b>24</b> MINI FRENCH TOAST  SOFT TACO LETTUCE & CHEESE CORN P.B.J. BAR FRUIT CHOICE MILK	<b>25</b> BREAKFAST ROUND  B.B.Q. RIBS CHEESE POTATO BAKE WHEAT ROLL FRUIT CHOICE MILK	<b>26</b> BREAKFAST PIZZA  SAUSAGE GRAVY OVER BISCUIT HASH BROWN FRUIT CHOICE MILK	<b>27</b> CEREAL  PIZZA SUB GREEN BEANS FRUIT CHOICE MILK
<b>30</b> POP-TART  CHICKEN & NOODLES GREEN BEANS WHEAT ROLL FRUIT CHOICE MILK	<b>31</b> BREAKFAST PIZZA  CHILI P.B. SANDWICH CRACKERS APPLECRISP MILK	<b>FREE            BREAKFAST            EVERY DAY            FOR EVERY            STUDENT</b>	HIGH SCHOOL LUNCH \$2.70 REDUCED .40  ELEMENTARY LUNCH \$2.45 REDUCED .40	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**A LUNCH MEAL MUST CONSIST OF AT LEAST 3 FOOD COMPONENTS:**  
**MEAT/MEAT ALT: H.S-2OZ.**  
*ELEM:-1OZ.*  
**VEGETABLE: H.S-1CUP**  
*ELEM:3/4CUP*  
**GRAIN: H.S-2OZ.**  
*ELEM:-1OZ.*  
**FRUIT: H.S-1CUP**  
*ELEM:1/2CUP*  
**MILK: H.S& ELEM-1CUP**

**SECOND CHOICE FOR LUNCH**  
**MAIN DISH AND VEGETABLE ARE:**

**WEEK OF OCT2-6<sup>TH</sup>**  
**CHEESE SANDWICH**  
**BABY CARROTS WITH DIP**

**WEEK OF OCT 9<sup>TH</sup>-13<sup>TH</sup>**  
**P.B.J. UNCRUSTABLES**  
**BROCCOLI WITH DIP**

**WEEK OF OCT 16<sup>TH</sup>-20<sup>TH</sup>**  
**CHEESE SANDWICH**  
**BABY CARROTS WITH DIP**

**WEEK OF OCT 23<sup>RD</sup>-27<sup>TH</sup>**  
**P.B.J. UNCRUSTABLES**  
**BROCCOLI WITH DIP**

**WEEK OF OCT 30<sup>TH</sup>- NOV.3<sup>RD</sup>**  
**CHEESE SANDWICH**  
**BROCCOLI WITH DIP**