

FCA Lunch Menu - September

Grades
K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	¹ <u>TACO TUESDAY</u> Soft Taco Seasoned Beef Toppings Fiesta Rice Chips & Salsa	² Pork Tenderloin Biscuit & Gravy Hashbrown Rounds Baked Apples	³ Baked Ziti with Pepperoni (Or Meatless) Salad Bar Garlic Toast Tropical Fruit	⁴ <u>SUB SANDWICH DAY</u> Turkey or Ham on Hoagie Cheese Slice Chips Lettuce, Tomato, Pickle, Onion Banana Pudding
⁷ No School	⁸ Orange Chicken Asian Noodles Stir Fried Veggies (Teriyaki & Yum Yum Sauce) Mandarin Oranges Fortune Cookie	⁹ <u>LOADED BAKED POTATO</u> BBQ Pork Butter, Sour Cream, Bacon Bits, Cheese Salad Bar	¹⁰ Chicken Sandwich (Spicy or Plain) Lettuce, Tomato, Pickle Crispy Fries JELLO fruit cup	¹¹ Mozzarella Breadsticks Marinara Sauce Garden Salad Fresh Veggies Pineapple Tidbits
¹⁴ Baked Ham Mac & Cheese Peas & Carrots Hot Roll	¹⁵ Chicken Alfredo Salad Bar Garlic Toast Fruit Cobbler	¹⁶ Chicken Tenders Mashed Potatoes Lima Beans Hot Roll	¹⁷ <u>SUPER NACHO BAR</u> Nacho Chips Seasoned Meat Toppings, Salsa Fiesta Rice, Refried Beans	¹⁸ Grilled Hamburger or Cheeseburger on Bun Fries Lettuce, Tomato, Pickle, Onion Dirt Cake
²¹ Pork BBQ Sandwich Potato Salad or Chips Baked Beans Pickle Spears Sliced Peaches	²² <u>BREAKFAST FOR LUNCH</u> Sausage Links or Patties French Toast Sticks Hashbrown Casserole Yogurt with Fruit	²³ Baked Spaghetti with Meat (Or Meatless) Garden Salad Fresh Veggies Garlic Breadstick Cup Cake	²⁴ Fish Sandwich or Fish Sticks Cheesy Potatoes Cole Slaw Hush Puppies	²⁵ <u>Chick-fil-A Day</u> Chick-fil-A Nuggets or Sandwich Potato Chips Cookie
²⁸ Chicken Casserole Country-Style Green Beans Seasoned Baby Bakers Hot Roll	²⁹ Meatball Sub Choice of Cheese Crispy Fries Fresh Veggies Pudding Parfait	³⁰ Stuffed Crust Pizza (Cheese or Pepperoni) Salad Bar Fruit Salad	PB & J or Corn Dog option will include potato chips and a fruit cup with the meal.	Choice of Milk, Juice or Water Daily