

December Menu



Breakfast
MON

TUES

WED

THURS

FRI

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| <p>French Toaster Sticks Whole grain french toaster sticks and a syrup cup</p> | <p>Breakfast Sandwich Whole grain biscuit with a maple sausage patty (1.5 oz).</p> | <p>Bagel and Cream Cheese Warmed whole grain bagel with a low fat cream cheese cup.</p> | <p>Breakfast Sandwich Sausage patty (1.5 oz), american cheese on a whole grain english muffin</p> | <p>Pancake Breakfast Two whole grain pancakes with sausage links.</p> |
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Lunch

MON

TUES

WED

THURS

FRI

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| <p>Mac and Cheese² Cheddar cheese sauce mixed in a whole grain elbow pasta</p> | <p>Orange Chicken³ Bowl Minhs whole grain batter dark and white chicken in a sweet mandarin orange chicken sauce over brown rice.</p> | <p>Chicken Bites⁶ Whole Grain, all white meat, chicken bites served with a 1/2 cup of potato wedges.</p> | <p>Spaghetti and⁷ Meatballs Chicken meatballs in marinara over whole grain pasta</p> | <p>Pizza Friday⁸ Whole grain crust topped with red sauce, low fat blend of cheese and a choice of turkey pepperoni.</p> |
| <p>Chicken Burger¹¹ Whole Grain crusted all white meat chicken patty set on a whole grain bun.</p> | <p>Chili with Texas¹² Toast Lean ground beef and kidney bean chili served with Texas toast.</p> | <p>Cheesy Melt with¹³ Tomato Soup A hot whole grain ciabatta roll with cheese with a cup of hot soup.</p> | <p>Chicken Alfredo¹⁴ Whole grain penne pasta with diced white meat chicken topped with a creamy Alfredo sauce.</p> | <p>Pizza Friday¹⁵ Whole grain crust topped with red sauce, low fat blend of cheese and a choice of turkey pepperoni.</p> |
| <p>Mini Corn Dog¹⁸ Six mini battered whole grain turkey franks served with potato wedges.</p> | <p>Mac and Cheese¹⁹ Cheddar cheese sauce mixed in a whole grain elbow pasta</p> | <p>Teriyaki Chicken²⁰ Bowl Minhs lean chicken in a sweet teriyaki chicken sauce over brown rice.</p> | <p>Spaghetti and²¹ Meatballs Chicken meatballs in marinara over whole grain pasta</p> | <p>Holiday Dinner²² Sliced lean oven roasted honey glazed ham with cheesy mashed potatoes with a hot roll. Choice of dessert</p> |

* FRCS offers twice daily with Breakfast and Lunch 1% Plain Milk and Fat Free Chocolate milk

** We are an Offer program in Offer Vs Serve allowing student to have a choice of what they would like to take. With exception they must take a 1/2 cup of fruit with Breakfast and take 1/2 cup of fruit and/or vegetables with lunch.

***Please Note the menu will be subject to change depending on venders and supplies.

This institution is an equal opportunity provider.