

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bfast: Muffin 2 Lunch: Turkey Ham & Cheese Sandwich (NOT PORK) PBJ	Bfast: Yogurt Parfait 3 Lunch: Chicken Pot Pie PBJ	Bfast: Bagel & Cream Ch. 4 Lunch: Bean & Cheese Burrito PBJ	Bfast: Muffin 5 Lunch: Baked Potato Bar PBJ	6 No School
9 No School	Bfast: Yogurt Parfait 10 Lunch: Chicken Pot Pie PBJ	Bfast: Bagel & Cream Ch. 11 Lunch: Bean & Cheese Burrito PBJ	Bfast: Muffin 12 Lunch: Baked Potato Bar PBJ	Bfast: Bagel & Cream Ch. 13 Lunch: Sloppy Joe PBJ
Bfast: Muffin 16 Lunch: Turkey Ham & Cheese Sandwich (NOT PORK) PBJ	Bfast: Yogurt Parfait 17 Lunch: Chicken Pot Pie PBJ	Bfast: Bagel & Cream Ch. 18 Lunch: Bean & Cheese Burrito PBJ	Bfast: Muffin 19 Lunch: Baked Potato Bar PBJ	Bfast: Bagel & Cream Ch. 20 Lunch: Sloppy Joe PBJ
Bfast: Muffin 23 Lunch: Turkey Ham & Cheese Sandwich (NOT PORK) PBJ	Bfast: Yogurt Parfait 24 Lunch: Chicken Pot Pie PBJ	Bfast: Bagel & Cream Ch. 25 Lunch: Bean & Cheese Burrito PBJ	Bfast: Muffin 26 Lunch: Baked Potato Bar PBJ	Bfast: Bagel & Cream Ch. 27 Lunch: Sloppy Joe PBJ
Bfast: Muffin 30 Lunch: Turkey Ham & Cheese Sandwich (NOT PORK) PBJ				

NUTRITION TIP: Fiber Facts

- Most American only get about half of the recommended 25 grams of fiber each day
- How can you increase your fiber intake?
 - Look for “bran” or “whole wheat” on ingredient labels
 - Munch on a whole piece of fruit, in place of drinking a glass of juice

School Information:

- **Make checks payable to FRCS.**
- **Breakfast - \$1.75, Lunch - \$2.75**