

Breakfast

April Menu



MON

TUES

WED

THURS

FRI

Breakfast Sandwich Sausage patty (1.5 oz), american cheese on a whole grain english muffin	Bagel and Cream Cheese Warmed whole grain bagel served with a low fat cream cheese cup and assorted jelly	Waffle sticks Whole grain waffle sticks served with a syrup.	Kitchens Choice	Banana Bread with Sausage Warmed Whole grain blueberry muffin topped with oats served with two pork sausage links.
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Lunch

Secondary Breakfast options on a daily bases we serve WG Benefit Bar or WG 2 oz Cereal cup

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Bosco Sticks 30 Cheese filled whole grain bread sticks with a side of marinara for dipping	Turkey Sandwich 31 Hot lean sliced turkey and Cheddar cheese on a warm whole grain hoagie roll with a Pesto (nut free) spread.	Beef, Bean and Cheese Burrito Re fried beans, beef with Colby jack shredded cheese on a whole grain tortilla. served with chips and salsa.	Cheeseburger or Hamburger 2 Flame broiled lean ground beef patty set on a whole grain bun	Pizza Friday 3 Whole grain crust topped with red sauce, low fat blend of cheeses and a choice of uncured turkey pepperoni.
Orange Chicken Bowl 6 Minhs whole grain batter dark and white chicken in a sweet mandarin orange chicken sauce over brown rice.	Ham and Cheddar Sub 7 Lean turkey ham on a whole grain roll. Served with chips.	Chicken Nachos 8 Chicken and house-made nacho cheese sauce over tortilla chips with salsa and guac.	BBQ Chicken Panini 9 Diced chicken in BBQ Sauce topped with cheese on a whole grain roll.	Pizza Friday 10 Whole grain crust topped with red sauce, low fat blend of cheeses and a choice of uncured turkey pepperoni.
Popcorn Chicken 13 Whole Grain, all white meat, chicken bites served with a 1/2 cup of Potato Wedge.	Turkey 'BLT' 14 Lean sliced turkey, bacon and choice of lettuce and tomato on a whole grain roll. Served with chips.	Chili Cheese Wedges 15 Beef and kidney bean chili with cheese and wedges. Chips and salsa.	Cheeseburger or Hamburger 16 Flame broiled lean ground beef patty set on a whole grain bun	Pizza Friday 17 Whole grain crust topped with red sauce, low fat blend of cheeses and a choice of uncured turkey pepperoni.
Teriyaki Chicken Bowl 20 Diced white meat chicken in a sweet and sticky sauce over brown rice.	Ham and Cheddar Sub 21 Lean turkey ham on a whole grain roll. Served with chips.	Beef nacho 22 Beef and house-made nacho cheese sauce over tortilla chips with salsa and guac.	Chicken Burger 23 Whole Grain crusted all white meat chicken patty set on a whole grain bun.	Pizza Friday 24 Whole grain crust topped with red sauce, low fat blend of cheeses and a choice of uncured turkey pepperoni.
Mini Corn dog 27 Whole Grain, all white meat, Turkey mini corn dogs served with a 1/2 cup of Tater tots.	Turkey Sandwich 28 Hot lean sliced turkey and Provolone cheese on a warm whole grain hoagie roll with a Pesto (nut free) spread.	Soft Chicken Taco 29 Soft diced white meat Chicken Tacos on a 4.5inch whole grain tortillas with a side of sweet chipotle sauce.	Cheeseburger or Hamburger 30 Flame broiled lean ground beef patty set on a whole grain bun	Pizza Friday 1 Whole grain crust topped with red sauce, low fat blend of cheeses and a choice of uncured turkey pepperoni.

Secondary Lunch options we serve Yogurt String Cheese and Granola, Yogurt Parfait and String Cheese or Sunbutter and Jelly Sandwich with String Cheese

* 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.