

# FFC/FHS Menu



## January 2018



	<b>Breakfast</b>	<b>Lunch Choice 1</b>	<b>Lunch Choice 2</b>
Thursday January 4	Cinnamon Rolls/Sausage Links Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Hot Wings or Chicken Bites/Potato Wedges/Celery Sticks Texas Toast Multiple Veggies Offered Daily Assort Juice & Fruit/Milk  Ketchup/Honey Mustard/Sweet & Sour/Hot Sauce/BBQ Sauce	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Friday January 5	Sausage/Biscuit Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Pizza/Corn/Cookie Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Monday January 8	Sausage or Chicken Biscuit Assort Juice/Fruit  Cereal/Cereal Bar	Chicken Tenders/Mashed Potatoes/Green Beans/Biscuit Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Ketchup/Honey Mustard/Sweet & Sour Sauce/BBQ Sauce	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Tuesday January 9	Sausage/Biscuit/Hash Browns Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Taco Salad/Corn Chips/Pinto Beans/Rice Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Shredded Cheese/Sour Cream/Salsa/Taco Sauce Jalapenos/Black Olives	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Wednesday January 10	French Toast Sticks/Sausage Links Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Corn Dogs/Potato Wedges Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Ketchup/Mustard	Parfait or PB&J Meal/Veggies Assort Juice/Milk

Thursday January 11	Cinnamon Rolls/Sausage Links Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Chili/Corn Chips/Baked Potato Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Shredded Cheese/Sour Cream/Bacon Bits/Butter	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Friday January 12	Sausage/Biscuit Assort Juice/Milk  Cereal/Cereal Bar	Pizza/Corn/Cookie Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Monday January 15	<b>SCHOOLS OUT</b>	 <b>CELEBRATE MARTIN LUTHER KING, JR</b>	<b>SCHOOLS OUT</b>
Tuesday January 16	Chicken or Sausage Biscuit Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Crispitos/Pinto Beans/Chips/Salsa/Cheese Sauce Jalapenos Multiple Veggies Offered Daily Assort Fruit & Juice Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Wednesday January 17	Pancakes/Sausage Links Assort Juice/Fruit  Cereal/Cereal Bar	Chicken Sandwich/Potato Wedges/Sliced Pickles Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Ketchup/Honey Mustard/Mayo/Mustard	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Thursday January 18	Cinnamon Rolls/Sausage Links Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Spaghetti/Green Beans/Garlic Toast/Shredded Cheese Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Friday January 19	Sausage/Biscuit Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Pizza/Corn/Cookie Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk

Monday January 22	Sausage or Chicken Biscuit Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Steak & Gravy/Mashed Potatoes/Black Eyed Peas/Roll Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Tuesday January 23	Ham/Scrambled Eggs/Biscuit Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Taco Salad/Corn Chips/Rice/Pinto Beans Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Shredded Cheese/Sour Cream/Salsa/Taco Sauce Jalapenos/Black Olives	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Wednesday January 24	French Toast Stick/Sausage Links Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Hot Dog/Chili/Shredded Cheese/Tater Tots/Baked Beans Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Ketchup/Mustard	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Thursday January 25	Cinnamon Roll/Sausage Links Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Chicken/Broccoli & Cheese/Baby Baker Potatoes Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Friday January 26	Sausage/Biscuit Assort Juice/Milk Cereal/Cereal Bar	Pizza/Corn/Cookie Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Monday January 29	Sausage or Chicken Biscuit Assort Juice/Fruit/Milk  Cereal/Cereal Bar	Chicken Tenders/Mashed Potatoes/Green Beans/Biscuit Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Tuesday January 30	Sausage/Biscuit/Hash Browns Assort Juice/Milk  Cereal/Cereal Bar	Crispitos/Pinto Beans/Chips/Slasa/Cheese Sauce Jalapenos Multiple Veggies Offered Daily Assort Fruit & Juice/Milk	Parfait or PB&J Meal/Veggies Assort Juice/Milk
Wednesday January 31	Pancakes/Sausage Links Assort Juice/Milk  Cereal/Cereal Bar	Cheeseburger/Potato Wedges Multiple Veggies Offered Daily Assort Fruit & Juice/Milk  Ketchup/Mustard/Mayo	Parfait or PB&J Meal/Veggies Assort Juice/Milk

**Menu Subject to Change**

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