DUBOIS K-12 MEAL MENU

Join Us for Breakfast! Served 7:40-8:00 am

Offered To Students Daily

Fat Free and Low-Fat Milk Fresh and/or canned fruit Fresh and/or steamed vegetables Salad bar with assorted condiments, salad toppings and dressings.

Under the School Nutrition Program, each student must take a reimbursable meal at breakfast and lunch.

FCSD #2 uses OFFER versus **SERVE** at mealtime. This allows students to choose items that they enjoy and still have a reimbursable meal.

Each student must take at least a ½ cup fruit or vegetable.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Bagel & Cream Cheese Lunch

#1 Beef Taco #2 Chicken Fajita

Breakfast Egg & Cheese English

Muffin Sausage Patty Lunch #1 Grilled Chicken

Parmesan #2 Pasta w/ Marinara & Meathalls

Breakfast Cereal & Yogurt

Lunch Sweet & Sour Chicken With Fried Rice Breakfast

French Toast Sticks Hard-Boiled Egg

> Lunch Cheeseburger

NO SCHOOL

Breakfast Yogurt Parfait

Lunch #1 Beef Nachos #2 Pork Nachos

16

Breakfast

Cheddar Omelet Biscuit Lunch

#1 Cheese Pizza #2 Pepperoni Pizza Breakfast

Cereal & Yogurt

Lunch

Popcorn Chicken with Mashed Potatoes and Gravy

11 **Breakfast**

> Pancakes & String Cheese Lunch

#1 Hot Ham & Cheese #2 Hot Turkey & Cheese

NO SCHOOL

Breakfast

Muffin & Yogurt Lunch **Beef & Cheese Tots** **Breakfast**

Breakfast Burrito Lunch

#1 Cheese Sticks #2 Pepperoni Pizza **Rippers**

17

Breakfast

Cereal & Yogurt Lunch **Mandarin Orange** Chicken with Rice

18

Waffles Hard-Boiled Egg Lunch

Breakfast

#1 Chicken Sandwich #2 Spicy Chicken Sandwich

NO SCHOOL

22

Breakfast

Bagel & Cream Cheese Lunch **Walking Taco**

23

Breakfast Kiwanis Pancake **Breakfast** Lunch

#1 Pasta w/ Marinara & Meatballs #2 Chicken Alfredo

24

Breakfast

Cereal & Yogurt Lunch

General Tso's Chicken with Rice

25

Breakfast

French Toast Sticks Hard-Boiled Egg Lunch #1 Pulled Pork

Sandwich #2 Turkey and Cheese

26

NO SCHOOL

29

Breakfast

Yogurt Parfait Lunch

#1 Beef Taco #2 Pork Taco 30

Breakfast

Egg & Cheese English Muffin Sausage Patty Lunch #1 Cheese Pizza

#2 Pepperoni Pizza



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