

- 2023 -

SEPTEMBER

FRIDAY

Under the School Nutrition Program, each student **MUST** take a reimbursable meal at **Breakfast and Lunch**.
FCSD #2 uses **OFFER Versus Serve** at meals. This allows students to choose items of their choice at meals.
Each tray a student takes must contain at least 1/2 cup of fruit and/or vegetable.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1



DUBOIS RAMS MEAL MENU

Have you completed the **NEW 2023/2024 Free/Reduced meal application TODAY!**

If you were approved last year, the deadline is October 9th. On October 10th, your household will be charged full price for meals.

Reduced meals are \$.30 for breakfast and \$.40 for lunch.

Contact Anna Hinkle FCSD #2 Nurse/Food Service Director 455-5511

ahinkle@fremont2.org

Offered Daily

No fat and Low-fat milk

Fresh and/or canned fruit

Fresh and/or steamed vegetables
Colorful salad bar
Assorted condiments, salad toppings and salad dressings.

4



5

Breakfast
French Toast
Lunch
Cheese Pizza
Pepperoni Pizza

6

Breakfast
Cereal
Yogurt
Lunch
Mandarin Orange Chicken
With Fried Rice

7

Breakfast
Dutch Waffle
Lunch
Pulled Pork Sandwich
Turkey & Cheese
Wrap

8

Breakfast
Donut
Hard Boiled Egg
Lunch
Corn Dog
Grape Uncrustable

11

Breakfast
Yogurt
Granola
Lunch
Beef & Cheese
Loaded Tots

12

Breakfast
Muffin
Cheese Stick
Lunch
Pepperoni Pizza
Rippers
Cheese Sticks

13

Breakfast
Cereal
Yogurt
Lunch
Teriyaki Chicken
With Asian Noodles

14

Breakfast
Pancakes
Lunch
Chicken Nuggets
With
Mac & Cheese

15

Breakfast
Pop Tart
Hard Boiled Egg
Lunch
Corn Dog
Grape Uncrustable

18

Breakfast
Bagel & Cream
Cheese
Lunch
Walking Tacos

19

Breakfast
French Toast
Lunch
Cheese Pizza
Pepperoni Pizza

20

Breakfast
Cereal
Yogurt
Lunch
Sweet & Sour Chicken
With Rice

21

Breakfast
Dutch Waffle
Lunch
Chicken Sandwich
Spicy Chicken Sandwich

22



25

Breakfast
Yogurt
Granola
Lunch
Cheese Quesadilla
Cheese & Pork
Quesadilla

26

Breakfast
Muffin
Cheese Stick
Lunch
Pepperoni Pizza
Rippers
Cheese Sticks

27

Breakfast
Cereal
Yogurt
Lunch
Popcorn Chicken
With
Mac & Cheese

28

Breakfast
Pancakes
Lunch
Hamburger
&
French Fries

29

