

~MAY 2017~

FORT PLAIN JR/SR HIGH SCHOOL: GRADE 7-12: LUNCH

ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Office of Child Nutrition: 993-4000 #1003

MENU SUBJECT TO CHANGE WITHOUT NOTICE



1		2 TACO TUESDAY!		3		4		5 SOUP & SANDWICH	
Popcorn Chicken		Taco Salad		Assorted Pizza		BBQ Rib Patty or		Assorted Sandwiches	
Dinner Roll		Mexican Fiesta Rice		Tossed Salad (DG)		BBQ Chicken Patty		Tomato Soup (RO)	
Cooked Carrots (RO)		Baked Beans (BL)		Applesauce		French Fries (S)		Crackers	
Sliced Strawberries		Tropical Fruit Mix		No Bake Cookie		Corn (S)		Mandarin Oranges	
						Fresh Fruit		Ice Cream	

8		9		10		11		12	
Oven Baked Chicken		Loaded Nachos		Tuna on a Bun or		Hot Ham/Cheese Bagel		Double Dog	
Honey Wheat Biscuit		Mixed Beans (BL)		Turkey Club		Pasta Salad		Meatsauce	
Garlic Potatoes (S)		Pineapple Tidbits		Multi Grain Sun Chips		Steamed Broccoli (DG)		Green Beans (O)	
Green Peas (S)		Pudding w/topping		Carrot Sticks w/dip (RO)		Applesauce		Peaches w/cream	
Fruit Cocktail				Fresh Fruit					

15 B-4-L		16 PICNIC LUNCH		17		18		19 SUB SHOP DAY	
Sausage, Egg and		Bacon Cheeseburger		Mac & Cheese or		Cheese Calzone		Assorted Deli Subs	
Cheese Croissant		Macaroni Salad		Ravioli		Pasta w/Marinara		Baked Lays Chips	
Tater Tots (S)		Baked Beans (BL)		Soft Pretzel		Tossed Salad (DG)		Celery & Carrot Sticks(O)	
100% Fruit Juice		Fresh Watermelon		Green Beans (O)		Mandarin Oranges		Fresh Apple	
No Bake Cookie				Tropical Fruit Mix				Cookie	

22 SOUP & SANDWICH		23 TACO TUESDAY!		24		25		26	
Ckn/Bacon/Ranch Sub		Taco Salad		Turkey w/gravy		Assorted Pizza		Buffalo Chicken Patty	
Vegetable Soup (O)		Rice Pilaf		Mashed Potatoes (S)		Tossed Salad (DG)		Multi Grain Sun Chips	
Pineapple Tidbits		Vegetarian Beans (BL)		Corn (S)		Applesauce		Cooked Carrots (RO)	
Ice Cream		Fruit Cocktail		Strawberries w/cream		Pudding w/topping		Fresh Fruit	

29		30		31		1		2 MOVING UP DAY	
MEMORIAL DAY		Chicken Parmesan		Turkey or Ham Club		Chicken Teriyaki Sub		Hot Dogs w/meatsauce	
School Closed		Soft Baked Breadstick		Cheeze It Crackers		Or Cheeseburger		Pasta Salad	
		Steamed Broccoli (DG)		Cooked Carrots (RO)		Macaroni Salad		Baked Lays Chips	
		Diced Peaches		Tropical Fruit Mix		Vegetarian Beans (BL)		100% Fruit Juice	
						Sliced Strawberries		Watermelon & Ice Cream	

- ✓ Daily Lunch Alternates: PBJ Sandwich , Yogurt w/Grain  *Low Fat and Fat Free Served Milk Daily*
- ✓ Vegetable Subgroups: Red Orange(RO), Bean/Legume(BL), Dark Green(DG), Starchy(S), Other(O)
- ✓ This institution and the USDA are equal opportunity providers