

# FOUNTAIN LAKE SCHOOL DISTRICT

GRADES 5-12 MAIN LINE  
ASST. FRUIT ON BAR DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1 FISH STICKS (5-12) Cole Slaw BLACK-EYED PEAS Cornbread TARTAR SAUCE MILK,1%
Sep - 4 HOLIDAY	Sep - 5 CHICKEN POPCORN POTATOES AU GRATIN monaco blend Rolls, Whole Wheat APPLE WEDGES MILK,1%	Sep - 6 SCRAMBLED EGGS Sausage Patty Gravy/Biscuit POTATO WEDGES Carrot Sticks MILK,1%	Sep - 7 CHILI CON CARNE & BEANS CRACKERS CARROTS SALAD, TOSSED SPICE CAKE MILK,1%	Sep - 8 CHICKEN FAJITA WRAP REFRIED BEANS SPANISH RICE Lettuce shredded & Tomato SALSA MILK,1%
Sep - 11 BEEF VEGETABLE SOUP GRILLED CHEESE 1.5OZ SALAD, TOSSED CRACKERS MILK,1%	Sep - 12 Chicken and Cheese Quesadilla PINTO BEANS SALAD, TOSSED SALSA MILK,1%	Sep - 13 HOT DOG POTATO TOTS BAKED BEANS MARSHMALLOW RICE SQUARES MILK,1%	Sep - 14 CHICKEN SPAGHETTI BROCCOLI SALAD, TOSSED ROLLS, WHEAT MILK,1%	Sep - 15 FRIED RICE EGG ROLL BROCCOLI Fortune Cookie SWEET AND SOUR SAUCE MILK,1%
Sep - 18 PEPPERONI PIZZA WEDGE BROCCOLI BLACKEYED PEAS CND. SALAD, TOSSED MILK,1% MILK, FF CHOC.	Sep - 19 MINI CORN DOG MACARONI AND CHEESE GREEN BEANS Carrot Sticks ROLLS (YEAST) MILK,1%	Sep - 20 BEEF STEAK STRIPS Mashed Potatoes BROWN GRAVY SALAD, TOSSED Roll, Yeast MILK,1%	Sep - 21 HAMBURGER POTATO TOTS BROCCOLI CHEESE SAUCE LETTUCE/PICKLE/TOMATO MILK,1%	Sep - 22 CHICKEN FAJITA WRAP REFRIED BEANS SPANISH RICE Carrot Sticks SHREDDED LETTUCE & TOMATO MILK,1%
Sep - 25 SPAGHETTI AND MEAT SAUCE 1 GREEN BEANS SALAD, TOSSED RANCH DRESSING WW BREADSTICKS MILK,1%	Sep - 26 CHICKEN NUGGETS Mashed Potatoes CREAM GRAVY CALIFORNIA BLEND VEGETABLES ROLLS, WHEAT MILK,1%	Sep - 27 PEPPERONI PIZZA WEDGE CALIFORNIA BLEND VEGETABLES SALAD, TOSSED RANCH DRESSING COWBOY COOKIE MILK,1%	Sep - 28 TOASTED TURKEY HAM & CHEESE POTATO WEDGES CARROTS SALAD, TOSSED MILK,1% KETCHUP	Sep - 29 HOT DOG Chili Con Carne no Beans BROCCOLI CHEESE SAUCE BAKED BEANS MILK,1%

USDA IS AN EQUAL OPPORTUNITY PROVIDER --MENUS SUBJECT TO CHANGE/ 5-12 ONLY--PREPACKED SALAD OFFERED DAILY AND BAKED POTATOES ON TUES./THURS.

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.