

FOUNTAIN LAKE SCHOOL DISTRICT

SANDWICH FRIDAYS--WITH FRUIT

Monday	Tuesday	Wednesday	Thursday	Friday
				Sep - 1 Peanut Butter & Jelly Sandwich Carrot Sticks RANCH DRESSING DIP Chips, cheetos,baked SALAD,TOSSED 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 ORANGE HALVES MILK,1%	Sep - 7 CHILI CON CARNE & BEANS CRACKERS CARROTS SALAD,TOSSED PEARS SPICE CAKE MILK,1%	Sep - 8 Ham & Cheese Sandwich Carrot Sticks RANCH DRESSING DIP Chips,baked, potato SALAD,TOSSED MILK,1%
Sep - 11 BEEF VEGETABLE SOUP GRILLED CHEESE 1.5OZ SALAD,TOSSED CRACKERS APPLE WEDGES MILK,1%	Sep - 12 Chicken and Cheese Quesadilla PINTO BEANS SALAD,TOSSED SALSA PEARS MILK,1%	Sep - 13 HOT DOG POTATO TOTS BAKED BEANS ORANGE HALVES MARSHMALLOW RICE SQUARES MILK,1%	Sep - 14 CHICKEN SPAGHETTI BROCCOLI SALAD,TOSSED APPLESAUCE ROLLS,WHEAT MILK,1%	Sep - 15 TURKEY SANDWICH ON BUN Carrot Sticks RANCH DRESSING DIP Chips, cheetos,baked SALAD,TOSSED MILK,1%
Sep - 18 PEPPERONI PIZZA WEDGE BROCCOLI BLACKKEYED PEAS CND. APPLE WEDGES MILK,1%	Sep - 19 MINI CORN DOG MACARONI AND CHEESE GREEN BEANS Carrot Sticks PEARS MILK,1%	Sep - 20 BEEF STEAK STRIPS Mashed Potatoes BROWN GRAVY SALAD,TOSSED Roll,Yeast PEACHES MILK,1%	Sep - 21 HAMBURGER POTATO TOTS BROCCOLI CHEESE SAUCE LETTUCE/PICKLE/TOMATO APPLESAUCE MILK,1%	Sep - 22 Peanut Butter & Jelly Sandwich Carrot Sticks RANCH DRESSING DIP Chips,baked, potato SALAD,TOSSED MILK,1%
Sep - 25 SPAGHETTI AND MEAT SAUCE 1 GREEN BEANS SALAD,TOSSED RANCH DRESSING WW BREADSTICKS APPLE WEDGES MILK,1%	Sep - 26 CHICKEN NUGGETS Mashed Potatoes CREAM GRAVY CALIFORNIA BLEND VEGETABLES ROLLS,WHEAT PEARS MILK,1%	Sep - 27 PEPPERONI PIZZA WEDGE CALIFORNIA BLEND VEGETABLES SALAD,TOSSED RANCH DRESSING COWBOY COOKIE PEACHES MILK,1%	Sep - 28 TOASTED TURKEY HAM & CHEESE POTATO WEDGES CARROTS APPLESAUCE MILK,1% KETCHUP	Sep - 29 Ham & Cheese Sandwich Carrot Sticks RANCH DRESSING DIP Chips, cheetos,baked SALAD,TOSSED 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.