

Monday
Tuesday
Wednesday
Thursday
Friday

4
Bean Burritos or Tamales
Chips and Salsa
Cowboy Caviar
Oranges
Salad Bar

5
Spicy Asian Chicken and
Noodles
Rice
Broccoli
Peaches
Salad Bar

6
Corn Dog w/Chili
Potato Wedges
Grapes
Salad Bar

7
Baked Chicken
Honey Glazed Carrots
Potato Salad
Whole Wheat Roll
Pears
Salad Bar

8
Fish Sticks or Hamburgers
Macaroni and Cheese
Veggies and Hummus
Peaches
Salad Bar

9
Southwest Chicken Soup
Chips and Salsa
Hummus and Veggies
Apples
Salad Bar

11
Taco Salad
Refried Beans
Pico de Gallo
Spanish Rice
Grapes
Salad Bar

12
Spaghetti & Garlic Bread
Zucchini
Caesar Salad
Cantaloupe
Salad Bar

13
Sub Sandwiches
Hummus and Veggies
Oranges
Salad Bar

14
Pork Roast
Mashed Potatoes and Gravy
Whole Wheat Roll
Butternut Squash
Applesauce
Salad Bar

15
Pepperoni Pizza or
Cheese Pizza
Caesar Salad
Peaches
Salad Bar

18

19



21

22

25
Soft Chicken Taco
Spanish Rice
Taco Salad
Honeydew
Salad Bar

26
Minestrone Soup & Grilled
Cheese
Spinach Salad
Cantaloupe
Salad Bar

27
Shepherd's Pie
Carrot Coins
Fresh Baked Roll
Applesauce

28
Chicken Parm or Turkey
Avocado Panini
Hummus and Veggies
Grapes

29
Grilled Chicken Sandwiches
Pasta Salad
Carrot Sticks
Honeydew
Salad Bar

Applications are available for the Free and Reduced Breakfast and Lunch Program. Applications may be picked up in the school office or are available to fill out online on the district website.

Breakfast Price: Paid \$2.25 Reduced \$0.30

Lunch Price: Paid \$3.00 Reduced \$0.40

Contact the Food Service Department to resolve any issues with your child's lunch account at 707-725-4461 ext. 3095 or e-mail Regina Salmon: rsalmon@fuhsdistrict.net

