



SEPTEMBER 2019

Fortuna High School

Menu Subject to Change

Mixed Fruit Bowl,
White & Chocolate Milk, &
Side Salads
are offered with every meal

Monday	Tuesday	Wednesday	Thursday	Friday
2	Hot Dog or Cheeseburger Potato Wedges Watermelon Wedges Pears Salad Bar	Lasagna Garlic Bread Zucchini Grapes Salad Bar	Chicken Strips Mashed Potato Bowl Peas Caesar Salad Cantaloupe Salad Bar	Sloppy Joes Corn on the Cob Carrot Sticks w/Ranch Fruit Salad Salad Bar
Chicken Sandwiches Pasta Salad Carrot Sticks Honeydew Salad Bar	9 Spaghetti & Garlic Bread Zucchini Caesar Salad Cantaloupe Salad Bar	10 Baked Potato w/the Fixins or Sub Sandwiches Strawberries Salad Bar	11 Buffalo Chicken Wrap Veggies & Hummus Caesar Salad Peaches Salad Bar	12 Taco Salad Refried Beans Cowboy Caviar Pears Salad Bar
13 Bean Burritos or Tamales Chips and Salsa Cowboy Caviar Watermelon Salad Bar	14 Ham & Cheese Panini Or Pepperoni Chicken Panini Veggies and Hummus Grapes Salad Bar	15 Corn Dog Seasoned Potato Wedges Broccoli Salad Peaches Salad Bar	16 Pork Roast Mashed Potatoes Butternut Squash Cantaloupe Salad Bar	17 Cheeseburgers Or Hamburgers Potato Wedges Honeydew Melon Salad Bar
18 Fajitas Spanish Rice Green Salad Cantaloupe Salad Bar	19 Ground Beef and Macaroni Zucchini Garlic Bread Stick Honeydew Salad Bar	20 Totchos Picko Slaw Peaches Salad Bar	21 Baked Chicken Honey Glazed Carrots Pasta Salad Whole Wheat Roll Pears Salad Bar	22 Meatball Subs Pesto Pasta Salad Broccoli Baked Apples Salad Bar
23 Pepperoni Pizza or Cheese Pizza Caesar Salad Peaches Salad Bar	24 30			

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 \$2.75 Reduced \$0.30

Lunch Price: Paid \$3.50 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@fuhdsdistrict.net