

Monday
Tuesday
Wednesday
Thursday
Friday

Chef's Choice **7**
Fajitas **8**
 Refried Beans
 Chips & Salsa
 Canned Pears

Hot Dog w/Chili **9**
 Potato Wedges
 Watermelon Wedges

Minestrone Soup & Grilled **10**
 Cheese
 Garden Green Salad w/
 vinaigrette dressing
 Grapes
 Salad Bar

Grilled Chicken Sandwiches **11**
 Pasta Salad
 Carrot Sticks
 Honeydew

Cheeseburgers **14**
 Chili
 Coleslaw
 Honeydew Melon

Beef Stroganoff **15**
 Green Beans
 Garlic Bread Sticks
 Cantaloupe

Baked Potato Bar **16**
 or Sub Sandwiches
 Oranges

Pork Roast **17**
 Mashed Potatoes and Gravy
 Whole Wheat Roll
 Broccoli
 Applesauce
 Salad Bar

Fish Sticks **18**
 Macaroni and Cheese
 Peas
 Canned Peaches

Taco Salad **21**
 Refried Beans
 Pico de Gallo
 Spanish Rice
 Grapes
 Salad Bar

Spaghetti & Garlic Bread **22**
 Zucchini
 Caesar Salad
 Cantaloupe

Chicken Strips **23**
 Mashed Potato Bowl
 Corn
 Watermelon

Chicken Parm or Cuban **24**
 Panini
 Hummus and Veggies
 Honeydew Melon

Meatball Subs **25**
 Caprese Salad
 Broccoli
 Orange Wedges

Bean Burritos or Tamales **28**
 Chips and Salsa
 Cowboy Caviar
 Mandarin Oranges
 Salad Bar

Spicy Asian Chicken and **29**
 Noodles
 Rice
 Broccoli
 Peaches
 Salad Bar

Pepperoni Pizza or **30**
 Cheese Pizza
 Carrot Sticks
 Caesar Salad
 Peaches
 Salad Bar

Baked Chicken **31**
 Honey Glazed Carrots
 Potato Salad
 Whole Wheat Roll
 Pears
 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