

Monday

Tuesday

Wednesday

Thursday

Friday



4
Grilled Chicken Sandwiches
Pesto Tortellini Salad
Carrot Sticks
Cantaloupe

5
Ground Beef and Macaroni
Zucchini
Garlic Bread Stick
Pears

6
Taco Salad
Refried Beans
Pico de Gallo
Spanish Rice
Pineapple

7
Minestrone Soup & Grilled
Cheese
Garden Green Salad w/
vinaigrette dressing
Grapes

1
Nachos
Chili
Pico de Gallo
Cilantro Rice

8
Pulled Pork
Coleslaw
Potato Wedges
Peaches

11
Cheeseburgers
Sweet Potato Fries
Coleslaw
Peaches

12
Carnitas
Refried Beans
Pico de Gallo
Chips and Salsa
Grapes

13
Lasagna
Garlic Bread
Caesar Salad
Broccoli
Pineapple

14
Sub Sandwiches
Creamy Vegetable Soup
Kale Salad
Cantaloupe

15
**No
School**



19
Tamales

20
Corn Dogs

21
Chicken Sandwiches

22
Hamburgers

25
Pepperoni Pizza or
Cheese Pizza
Caesar Salad
Oranges

26
Chicken Strips
Mashed Potato Bowl
Corn
Peaches

27
Shepherd's Pie
Carrot Coins
Fresh Baked Roll
Applesauce

28
Chicken Parm or Turkey
Avocado Panini
Hummus and Veggies
Grapes



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