

Fountain Central Jr/Sr High School Lunch September 2020

<p>31</p>	<p>1</p> <p>BBQ Pork Rib Sandwich, Ham & Turkey Chef Salad, Ham & Turkey Cobb Salad</p> <p>Baked Beans, Red Pepper Strips, Diced Pears</p>	<p>2</p> <p>Broccoli & Cheddar Baked Potato, Turkey Chef Salad, Cheesy Tossed Salad</p> <p>Steamed Broccoli, Cherry Tomatoes, Diced Peaches Cherry Jello</p>	<p>3</p> <p>Cheese Penne Pasta, Chicken Caesar Salad, Chicken Ranch Salad</p> <p>Seasoned Corn, Celery Sticks, Applesauce</p>	<p>4</p> <p>Corn Dogs, Egg Chef Salad, Popcorn Chicken Salad</p> <p>Spinach, Side Salad, Pineapple Tidbits</p>
<p>7</p> <p>NO SCHOOL</p>	<p>8</p> <p>Chicken Parm, Ham Chef Salad, Chicken Caesar Salad</p> <p>Seasoned Peas, Red Pepper Strips, Diced Pears</p>	<p>9</p> <p>Backyard Burger, Ham Chef Salad, Chicken Caesar Salad</p> <p>Steamed Carrots, Baby Carrots, Diced Peaches, Choc. Chip Cookies</p>	<p>10</p> <p>Chicken Quesadilla, Ham Chef Salad, Chicken Caesar Salad</p> <p>Refried Beans, Celery Sticks, Applesauce</p>	<p>11</p> <p>Chili Cheese Baked Potato, Ham Chef Salad, Chicken Caesar Salad</p> <p>Green Beans, Sliced Apricots, Mixed Fruit</p>
<p>14</p> <p>Mac & Cheese with Roll, Ham & Turkey Cobb Salad, Ham Pizza Salad</p> <p>Waffle Fries, Tomato Wedges, Mixed Fruit</p>	<p>15</p> <p>Sloppy Joe, Ham & Turkey Cobb Salad, Turkey Chef Salad</p> <p>Steamed Broccoli, Sliced Cucumbers, Diced Pears</p>	<p>16</p> <p>Ravioli, Ham & Turkey Cobb Salad, Popcorn Chicken Salad</p> <p>Green Beans, Celery Sticks, Diced Peaches, Carnival Cookies</p>	<p>17</p> <p>Mini Corn Dogs, Turkey Chef Salad, Ham & Turkey Cobb Salad</p> <p>Steamed Carrots, Baby Carrots, Applesauce</p>	<p>18</p> <p>Boneless Chicken Bites, Ham & Turkey Cobb Salad, Turkey Chef Salad</p> <p>Baked Beans, Red Pepper Strips, Pineapple Tidbits</p>
<p>21</p> <p>Chicken & Noodles with Mashed Potatoes, Popcorn Chicken Salad, Ham Chef Salad</p> <p>Seasoned Corn, Baby Carrots, Mixed Fruit</p>	<p>22</p> <p>Bacon & Cheese Melt, Egg Chef Salad, Ham & Turkey Cobb Salad</p> <p>Green Beans, Cauliflower, Diced Pears</p>	<p>23</p> <p>Meatball Sub, Chicken Caesar Salad, Turkey Chef Salad</p> <p>Tater Tots, Cherry Tomatoes, Diced Peaches, Choc. Chip Cookies</p>	<p>24</p> <p>Turkey & Cheese Melt, Ham & Turkey Chef Salad, Spicy Popcorn Chicken Salad</p> <p>Campfire Beans, Celery Sticks, Applesauce</p>	<p>25</p> <p>Grilled Cheese, Ham Chef Salad, Egg Chef Salad</p> <p>Seasoned Peas, Side Salad, Pineapple Tidbits</p>
<p>28</p> <p>Pizza Sticks with Marinara, Ham Chef Salad, or Egg Chef Salad</p> <p>Potato Wedges, Tomato Wedges, Mixed Fruit</p>	<p>29</p> <p>Fish Sticks, Ham & Turkey Chef Salad, or Popcorn Chicken Salad</p> <p>Green Beans, Fresh Cauliflower, Diced Pears</p>	<p>30</p> <p>Hot Dog, Chicken Caesar Salad, or Ham Pizza Salad</p> <p>Baked Beans, Celery Sticks, Diced Peaches, Chocolate Pudding</p>		

Served Daily:
Hamburger, PB&J, Chicken Patty, Spicy Chicken Patty

Pepperoni & Cheese Pizza
Fresh Salads

Available Daily:
Cheese or Pepperoni Pizza, Mexican Bar, PBJ Uncrustable

100% Fruit Juice
Milk: Skim, 1% White & 1% Flavored

This institution is an equal opportunity provider.
Menus are subject to change without notice.

Fountain Central High School Breakfast September 2020

1

Glazed Donuts

2

Chocolate Chip
Round

3

Mini Waffles

4

Chocolate Croissant

7

**NO
SCHOOL**

8

Mini Waffles

9

Mini Cinnamon
Rolls

10

Cinnamon Sugar
Donut Holes

11

Cherry Frudel

14

Cinni Minis

15

Pancake Wraps

16

Chocolate Fudge
Pop Tart

17

Mini Pancakes

18

Apple Frudel

21

Strawberry Bagel

22

Powdered
Sugar Donut
Holes

23

Chocolate
Croissant

24

Breakfast Pizza

25

Cinnamon Sugar
Donut Holes

28

Mini Waffles

29

Chocolate Fudge
Pop Tart

30

Cherry Frudel

Served Daily:
Breakfast Pizza
Biscuits & Gravy
Egg & Cheese Biscuit

100% Fruit Juice & Whole Fresh Fruits

**Skim, 1% White, Chocolate,
Strawberry & Vanilla Flavored Milk**

Upon request-

Soy Milk Available in Chocolate & Vanilla