



# Fountain Central Jr./Sr. High School

## Lunch Menu

### APRIL 2019

**1**

**Sloppy Joe**

Golden Corn, Fresh Broccoli  
Applesauce Cups, Fresh Fruit

**2**

**Chili w/ PB Sandwich**

Glazed Carrots  
Mixed Fruit, Fresh Fruit

**3**

**Honey Mustard Chicken Melt**

Steamed Carrots, Red Pepper Strips  
Pears, Fresh Fruit

**4**

**Beef Soft Tacos**

Refried Beans, Celery Sticks  
Pineapple Tidbits, Fresh Fruit

**5**

**Chicken Parmesan**

Steamed Spinach, Side Salad  
Mixed Fruit, Fresh Fruit

**8**

**Chicken Mashed Potato Bowl w/ Roll**

Green Beans, Fresh Baby Carrots  
Mandarin Oranges, Fresh Fruit

**9**

**Pizza Sticks w/ Marinara sauce**

Steamed Carrots, Cherry Tomatoes  
Applesauce Cups, Fresh Fruit

**10**

**Fish Sticks**

Seasoned Baby Peas, Fresh Broccoli,  
Diced Peaches, Fresh Fruit

**11**

**Tater Tot Chicken Nachos**

Veg. Baked Beans, Cucumber Slices  
Diced Pears, Fresh Fruit

**12**

**Lasagna & Breadstick**

Golden Corn, Side Salad  
Pineapple Cups, Fresh Fruit

**15**

**Country Fried Steak w/ Gravy**

Mashed Potatoes, Fresh Baby Carrots  
Mandarin Oranges, Fresh Fruit

**16**

**BBQ Rib Sandwich**

Golden Corn, Fresh Broccoli  
Applesauce cup, Fresh Fruit

**17**

**Broccoli Cheese Soup, Crackers**

Sweet Baby Peas, Fresh Red Pepper Strips  
Diced Pears, Fresh Fruit

**18**

**Nacho Cheese Walking Taco**

Refried Beans, Celery Sticks  
Diced Peaches, Fresh Fruit

**19**

**Boneless Chicken Wings**

Steamed Carrots, Side Salad  
Mixed Fruit, Fresh Fruit

**22**

**Spaghetti & Meatballs w/ Breadstick**

Tater Tots, French Fries, Fresh Baby Carrots  
Diced Pears, Fresh Fruit

**23**

**Biscuits & Gravy w/ Eggs & Hash Brown**

Seasoned Baby Peas, Fresh Cherry Tomatoes  
Applesauce Cups, Fresh Fruit

**24**

**Pizza Melt**

Steamed Spinach, Fresh Red Pepper Strips  
Diced Peaches, Fresh Fruit

**25**

**Sweet & Sour Chicken, Egg Roll**

Steamed Carrots, French Fries, Fresh Cauliflower  
Mixed Fruit Cup, Fresh Fruit

**26**

**Salisbury Steak**

Mashed Potatoes, French Fries, Side Salad  
Pineapple Cups, Fresh Fruit

**29**

**Tomato Soup & Grilled Cheese**

Mashed Potatoes, Fresh Baby Carrots  
Mixed Fruit Cup, Fresh Fruit

**30**

**Chicken Alfredo w/ Roll**

Veg. Baked Beans, Fresh Broccoli  
Applesauce Cups, Fresh Fruit



#### Offered Daily:

- Cheeseburger/ Chicken Patty / Spicy Chicken Patty
- Handmade Pizza
- Nacho Bar
- Deli Bar
- Salad Bar
- Assorted Fruits & Vegetables
- 1% and Fat Free Flavored Milk

#### French Fries:

Offered daily to High School students.  
Offered Tuesday and Thursday to Jr. High School students.  
Menu subject to change without notice.

This institution is an equal opportunity





# Fountain Central Jr./Sr. High School Breakfast Menu APRIL 2019

1 Tony's Sausage Breakfast Pizza	2 Mini Maple Pancakes	3 Mini Cinnamon Rolls	4 Mini Cinnamon Rolls Donut Holes	5 Breakfast Sliders
8 Tony's Sausage Breakfast Pizza	9 Glazed Donut	10 French Toast Sticks	11 Sausage English Muffin	12 Sausage Pancake Wrap
15 Tony's Sausage Breakfast Pizza	16 Mini Maple Pancakes	17 Sausage, Egg, Cheese Biscuit	18 Donut Holes	19 Breakfast Sliders
22 Tony's Sausage Breakfast Pizza	23 Glazed Donut	24 French Toast Sticks	25 Sausage English muffin	26 Sausage Pancake Wrap
29 Tony's Sausage Breakfast Pizza	30 Sausage Pancake Wrap			

**Choose Feature Entrée or Pick 2 Items:**

- Cereal Bowl
- Cereal Bar
- Pop Tarts
- Muffins
- Animal Crackers/Scooby Grahams
- String Cheese
- Yogurt

**Add to your meal! Available Daily:**

- 100% Fruit Juice
  - Assorted Fruits
  - 1% or Fat Free Flavored Milk
- Menu is subject to change without notice