



# AUGUST | 2017

## FAMU DRS MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2		4
7 MLK TEACHERS RETURN BACK	8		10 PLANNING DAY ORIENTATION KG	11 ORIENTATION DAY ELEMENTARY SECONDARY
14 CHICKEN NUGGETS BROCCOLI STEAMED CARROTS OVEN BAKED TOTS CARROT SNACK PACK ROLL FRESH FRUIT/JUICE MILK	15 CHICKEN PATTY W/BUN CORN DOGS ROMAINE/SPINACH SALAD SLICED TOMATOES BAKED BEANS LETTUCE CARROT SNACK PACK ASSORTED FRUIT/JUICE MILK	16 POPCORN CHICKEN TURNIP GREENS BAKED SWEET POTATOES GREEN BEANS CARROT SNACK PACK ROLL ASSORTED FRUIT/JUICE MILK	17 CHICKEN FAJITA W/BROWN RICE SALSA GARDEN SIDE SALAD CHEESE QUESADILLA BLACK BEANS ASSORTED FRUIT/JUICE MILK	18 GRILLED CHICKEN PATTY SLICED TOMATOES SEASONED CORN VEGETABLE BLEND CARROT SNACK PACK FRESH FRUIT/JUICE MILK
21 HAMBURGER W/BUN CHEESEBURGER SLICED TOMATOES LETTUCE OVEN BAKED TOTS FRESH FRUIT/JUICE MILK	22 MILK CHICKEN PATTY W/BUN HOT DOG STEAMED BROCCOLI BAKED BEANS CALIFORNIA BLEND ASSORTED FRUIT/JUICE MILK	23 OVEN BAKED CHICKEN COLLARD GREENS STEAMED CARROTS MASHED POTATOES ROLL ASSORTED FRUIT/JUICE MILK	24 SALISBURY STEAK W/GRAVY BROWN RICE BLACK EYED PEAS GREEN PEPPER GREEN BEANS ROLL ASSORTED FRUIT/JUICE MILK	25 PEPPERONI/CHEESE PIZZA ROMAINE SALAD GREEN BEANS CALIFORNIA BLEND ASSORTED FRUIT/JUICE MILK
28 CHICKEN NUGGETS BROCCOLI STEAMED CARROTS OVEN BAKED TOTS CARROT SNACK PACK ROLL FRESH FRUIT/JUICE MILK	29 CHICKEN PATTY W/BUN CORN DOGS ROMAINE/SPINACH SALAD SLICED TOMATOES BAKED BEANS LETTUCE CARROT SNACK PACK ASSORTED FRUIT/JUICE MILK	30 POPCORN CHICKEN TURNIP GREENS BAKED SWEET POTATOES GREEN BEANS CARROT SNACK PACK ROLL ASSORTED FRUIT/JUICE	31 CHICKEN FAJITA W/BROWN RICE SALSA GARDEN SIDE SALAD CHEESE QUESADILLA BLACK BEANS ASSORTED FRUIT/JUICE	GRILLED CHICKEN PATTY SLICED TOMATOES SEASONED CORN VEGETABLE BLEND CARROT SNACK PACK FRESH FRUIT/JUICE MILK

### News

#### Menu Choose

**Choose up to 2 Fruit servings daily: Fresh fruit and chilled fruit cup or Fresh fruit and 100% Juice of chilled Fruit cup and 100% Juice or Two fresh fruit cup.**

**We offer daily for lunch**

**Choose 1:**

- **Salads**
- **Wraps**
- **Yogurt Plate**
- **Sub Sandwich**
- **Vegetarian**

#### **Plates**

**Choose 1-8oz serving daily: Milk**

- **1% low fat white**
- **Fat free Chocolate**