



SEPTEMBER | 2018

FAMU DRS MIDDLE SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4 Mini Chicken Corn Dog Peanut butter & Jelly combo Yogurt Plate Baked Beans Vegetable Blend Romaine/Spinach Salad Carrot Snack Pack Assorted Fruit/Juice	5 Popcorn Chicken Peanut butter & Jelly combo Veggie Chef Salad Turnip Greens Fresh Glazed Sweet Potato Tomato & Cucumber Cup Roll Assorted Fruit/Juice	6 Chicken Fajita Meat and Cheese Sandwich Peanut butter & Jelly Sand. Salsa Onion/ Green peppers Black Bean Garden side Salad Brown Rice Assorted Fruit/Juice	7 Chicken Patty on Bun Peanut butter & Jelly sand Yogurt Plate Lettuce Seasoned corn on cob Carrot snack pack Green Beans Assorted Fruit/Juice
10 Cheese Burger W/G Bun Peanut butter & Jelly sand Oven Baked Tots Cucumber slices Carrot snack pack Chicken Caesar Wrap Vegetarian Meal Assorted Fruit	11 Beef Nacho Cheese Nacho Steamed Broccoli Refried Beans Peanut Butter & jelly Lettuce/Tomato Carrot snack pack Buffalo Chicken wrap Assorted Fruit/Juice	12 Salisbury Steak w/Gravy Brown Rice Black Eyed Peas Vegetable Blend PB&J Sand Yogurt Plate Veggie Cup Carrot Snack Assorted Fruit/Juice	13 Oven Roasted Chicken Mashed Potatoes w/gravy Fresh Collard Greens Corn Bread Glazed Sweet Potatoes Hot Rolls Assorted Fruit/Juice	14 Pepperoni/Cheese Pizza Romaine Salad Whole Kernel Corn Carrot Snack Pack PB&J Sand Assorted Fruit/Juice Yogurt Plate
17 Spaghetti w/ Meat sauce Green Beans Garden Salad Yogurt Plate PB&J Sand. Hot Rolls Assorted Fruit/Juice	18 Taco Salad Chicken Caesar Wrap Yogurt Plate PB&J Steamed Broccoli Lettuce/Tomato Carrot Snack Pack Assorted Fruit	19 Beef-a-roni Veggie cups Mixed Veggie PB&J Sand. Yogurt Plate Assorted Fruit Rolls	20 Chicken Alfredo Veggie cups Fajita Wrap Sweet Peas PB&J Sand. Yogurt Plate Assorted Fruit/Juice	21 Pulled Pork Sandwich Buffalo Chicken Wrap Baked Beans Tater Tots PB&J Sand. Yogurt Plate Cheese Quesadilla vegetarian Glazed Carrot Assorted Fruit /Juice
24 Chicken Nuggets Steamed Broccoli Peanut Butter & jelly sand Glazed Carrots Oven Baked Tots Garden Side Salad Carrot Snack Roll Assorted Fruit/Juice	25 Mini Chicken Corn Dog PB&J Sandwich Yogurt Plate Baked Beans Veggie Blend Assorted Fruit/Juice Carrot Snack Pack Romaine/Spinach Salad	26 Popcorn Chicken Peanut butter & Jelly combo Veggie Chef Salad Turnip Greens Fresh Glazed Sweet Potato Tomato & Cucumber Cup Roll Assorted Fruit/Juice	27 Chicken Fajita Meat and Cheese Sandwich Peanut butter & Jelly Sand. Salsa Onion/ Green peppers Black Bean Garden side Salad Brown Rice Assorted Fruit/Juice	28 Chicken Patty on Bun Peanut butter & Jelly sand Yogurt Plate Lettuce Seasoned corn on cob Carrot snack pack Green Beans Assorted Fruit/Juice

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:



Choose 1-8 oz. serving Milk daily:

- 1 % low fat white
- Skim Chocolate Milk