




OCTOBER | 2018

FAMU DRS HIGH SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Burger W/G Bun Peanut butter & Jelly sand Oven Baked Tots Cucumber slices Carrot snack pack Chicken Caesar Wrap Vegetarian Meal Assorted Fruit	2 Beef Nacho Cheese Nacho Steamed Broccoli Refried Beans Peanut Butter & jelly Lettuce/Tomato Carrot snack pack Buffalo Chicken wrap Assorted Fruit/Juice	3 Salisbury Steak w/Gravy Brown Rice Black Eyed Peas Vegetables Blend PB&J Sandwiches Yogurt Plate Veggie Cup Carrot Snack Fruit/Juice	4 Oven Roasted Chicken Mashed Potatoes w/gravy Fresh Collard Greens Corn Bread Glazed Sweet Potatoes Hot Rolls Assorted Fruit/Juice	5 Pepperoni/Cheese Pizza Romaine Salad Whole Kernel Corn Carrot Snack Pack PB&J Sand Assorted Fruit/Juice Yogurt Plate
8 Spaghetti w/ Meat sauce Green Beans Garden Salad Yogurt Plate PB&J Sand. Hot Rolls Assorted Fruit/Juice	9 Taco Salad Chicken Caesar Wrap Yogurt Plate PB&J Steamed Broccoli Lettuce/Tomato Carrot Snack Pack Assorted Fruit	10 Beef-a-roni Veggie cups Mixed Veggie PB&J Sand. Yogurt Plate Assorted Fruit Rolls	11 Chicken Alfredo Veggie Cup Fajita Wrap Sweet Peas PB&J Sand. Yogurt Plate Assorted Fruit/Juice	12 
15 Chicken Nuggets Steamed Broccoli Peanut Butter & jelly sand Glazed Carrots Oven Baked Tots Garden Side Salad Carrot Snack Roll Assorted Fruit/Juice	16 Mini Chicken Corn Dog PB&J Sandwich Yogurt Plate Baked Beans Veggie Blend Carrot Snack Pack Romaine/Spinach Salad	17 Popcorn Chicken Peanut butter & Jelly combo Veggie Chef Salad Turnip Greens Fresh Glazed Sweet Potato Tomato & Cucumber Cup Roll Assorted Fruit/Juice	18 Chicken Fajita Meat and Cheese Sandwich Peanut butter & Jelly Sand. Salsa Onion/ Green peppers Black Bean Garden side Salad Brown Rice Assorted Fruit/Juice	19 Chicken Patty on Bun Peanut butter & Jelly sand Yogurt Plate Lettuce Seasoned corn on cob Carrot snack pack Green Beans
22 Cheese Burger W/G Bun Peanut butter & Jelly sand Oven Baked Tots Cucumber slices Carrot snack pack Chicken Caesar Wrap Vegetarian Meal Assorted Fruit	23 Beef Nacho Cheese Nacho Steamed Broccoli Refried Beans Peanut Butter & jelly Lettuce/Tomato Carrot snack pack Buffalo Chicken wrap Assorted Fruit/Juice	24 Salisbury Steak W/Gravy Brown Rice Black Eyed Peas Vegetables Blend PB&J Sandwiches Yogurt Plate Veggie Cup Carrot Snack Fruit/Juice	25 Oven Roasted Chicken Mashed Potatoes w/gravy Fresh Collard Greens Corn Bread Glazed Sweet Potatoes Hot Rolls Assorted Fruit/Juice	26 Pepperoni/Cheese Pizza Romaine Salad Whole Kernel Corn Carrot Snack Pack PB&J Sand Assorted Fruit/Juice Yogurt Plate
29 Spaghetti w/ Meat sauce Green Beans Garden Salad Yogurt Plate PB&J Sand. Hot Rolls Assorted Fruit/Juice	30 Taco Salad Chicken Caesar Wrap Yogurt Plate PB&J Steamed Broccoli Lettuce/Tomato Carrot Snack Pack Assorted Fruit	31 Beef-a-roni Veggie cups Mixed Veggie PB&J Sand. Yogurt Plate Assorted Fruit Rolls		

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

MENU IS SUBJECT TO CHANGE
 FAMU DRS BABY RATTLER CAFE'