



# FC Elementary Breakfast Menu

September  
2023

Fruits & Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Labor Day	5	6	7 Apple Frudel  Juice Selection Fruit Selection  Milk	8 Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
11 Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	12 Cinnamon Roll  Juice Selection Fruit Selection  Milk	13 Strawberry Pop Tart Cheese Stick  Vegetable Selection Fruit Selection  Milk	14 French Toast Loaf  Juice Selection Fruit Selection  Milk	15 Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
18 Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	19 Cinnamon Crisps Cheese Stick  Juice Selection Fruit Selection  Milk	20 Strawberry Cream Cheese Filled Bagel  Vegetable Selection Fruit Selection  Milk	21 Brekkie  Juice Selection Fruit Selection  Milk	22 Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
25 Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	26 Mini Donut Cheese Stick  Juice Selection Fruit Selection  Milk	27 Vanilla Yogurt Graham Crackers  Vegetable Selection Fruit Selection  Milk	28 Apple Frudel  Juice Selection Fruit Selection  Milk	29 Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk

PRICES

K-6	\$0.00
Adult	\$3.00
Extra Milk	\$0.50

EXTRA INFO

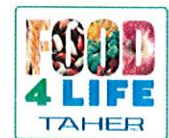
Choice of 1% or Chocolate Milk Included with meal.  
Questions contact Emily Kiehne 507-500-4708  
or emily.kiehne@isd2198.k12.mn.us

HARVEST OF



THE MONTH

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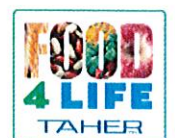
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Labor Day	5	6	7 Pasta with Meat Sauce Whole Grain Dinner Roll  Cheeseburger on a Bun  Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes	8 Cheese Pizza  Turkey BLT Wrap  Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes
11 Grilled Ham & Cheese Sandwich  Crispy Chicken Nuggets Whole Grain Dinner Roll  Roasted Broccoli Baby Carrots Peaches, Diced Banana	12 Corn Dog  Beefy Nachos w/Cheese Sauce  Salsa  Baked Beans Baby Carrots Mixed Canned Fruit Banana Salad	13 Crispy Chicken Sandwich  Salisbury Steak Whole Grain Dinner Roll  Mashed Potatoes Gravy Baby Carrots Pineapple Tidbits Banana	14 Cheeseburger on a Bun  BBQ Pulled Pork Sandwich  Steamed Corn Baby Carrots Applesauce Banana	15 Cheese Pizza  Ham Deli Sandwich  California Blend Vegetable Baby Carrots Diced Pears Banana
18 Macaroni & Cheese Whole Grain Dinner Roll  Crispy Chicken Nuggets Whole Grain Dinner Roll  Steamed Peas Broccoli Florets Peaches, Diced Fresh Pear	19 Soft Beef Tacos Salsa  Breakfast Sandwich  Baked Beans Broccoli Florets Mixed Canned Fruit Fresh Pear	20 Grilled Cheese Sandwich  Crispy Chicken Sandwich  Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Pear	21 Popcorn Chicken Bowl Bread Stick  Hamburger on a Bun  Broccoli Florets Applesauce Fresh Pear	22 Italian Stromboli  Honey Mustard Ham Wrap  Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear
25 Crispy Chicken Nuggets Whole Grain Dinner Roll  Cheese Bosco Stick Marinara Sauce  Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Fresh Grapes	26 Pancakes Sausage Patty  Cheeseburger on a Bun  Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Fresh Grapes	27 Crispy Chicken Sandwich  Chicken Bites w/ Sweet & Sour Sauce Brown Rice  Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Fresh Grapes	28 Corn Dog  Chicken Nachos & Canned Cheese Sauce  Baked Beans Red/Orange Bell Pepper Applesauce Fresh Grapes	29 Tater Tot Casserole Garlic Toast  Turkey Munchable  Roasted Broccoli Red/Orange Bell Pepper Diced Pears Fresh Grapes

PRICES	EXTRA INFO
K-6	\$0.00
Adult	\$5.00
Extra Milk	\$0.50

Choice of 1% or Chocolate Milk included with meal.  
Questions contact Emily Kiehne 507-500-4708  
or emily.kiehne@isd2198.k12.mn.us



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# FC High School Breakfast Menu

September  
2023

Fruits & Vegetables Offered Daily

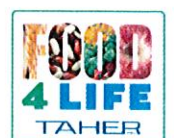
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Labor Day	5 Breakfast Sandwich  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	6 Banana Muffin Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	7 Cinnamon Roll  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	8 Yogurt Parfait with Fruit & Granola  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
11 Brekkie  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	12 Sausage Breakfast Pizza  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	13 French Toast Loaf Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	14 Breakfast Bowl  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	15 Mini Waffles  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
18 Vanilla Frosted Long John  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	19 Cheesy Ham Melt  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	20 Blueberry Muffin  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	21 Pancake on a Stick  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	22 Breakfast Burrito  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
25 Strawberry Cream Cheese Filled Bagel  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	26 Berry Banana Smoothie  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	27 Breakfast Flatbread  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	28 Choice of Egg Choice of Grain  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	29 Biscuits & Gravy  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk

PRICES	EXTRA INFO
7-8	\$0.00
9-12	\$0.00
Adult	\$3.00
Extra Milk	\$0.50
Ala Carte	\$ Varies

Choice of 1%, Skim or Chocolate Milk included with meal.  
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# FC High School Lunch Menu

Fruits & Vegetables Offered Daily

September  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Labor Day	6 Beef Hot Dog on a Bun Harvest Cheddar Sunchip  Turkey BLT Wrap  Roasted Corn Mixed Canned Fruit Fresh Grapes	7 Soft Beef Tacos  Crispy Chicken Sandwich  Refried Beans Pineapple Tidbits Fresh Grapes	8 Pasta with Meat Sauce Whole Grain Dinner Roll  Cheeseburger on a Bun  Roasted Broccoli Applesauce Fresh Grapes	9 Cheese Pizza  Turkey BLT Wrap  Glazed Carrots Diced Pears Fresh Grapes
12 Hot Ham & Cheese Bagel  Crispy Chicken Nuggets Whole Grain Dinner Roll  Roasted Broccoli Peaches, Diced Banana	13 Corn Dog  Beefy Nachos w/Cheese Sauce  Salsa  Black Beans Mixed Canned Fruit Banana Rice Krispie Treat	14 Meatloaf Whole Grain Dinner Roll  Crispy Chicken Sandwich  Mashed Potatoes Gravy Pineapple Tidbits Banana	15 Cheeseburger on a Bun  Ham and Cheese Charcuterie  Kung Fu Carrots Applesauce Banana	16 Pepperoni Pizza  Chef Salad  California Blend Vegetable Diced Pears Banana
19 Macaroni & Cheese Whole Grain Dinner Roll  Honey Mustard Ham Wrap  Steamed Peas Peaches, Diced Fresh Pear	20 Walking Taco Salsa  Honey Mustard Ham Wrap  Refried Beans Mixed Canned Fruit Fresh Pear	21 Grilled Cheese Sandwich  Crispy Chicken Sandwich  Steamed Carrots Pineapple Tidbits Fresh Pear	22 Popcorn Chicken Bowl Bread Stick  Cheeseburger on a Bun  Broccoli Florets Applesauce Fresh Pear	23 Italian Stromboli  Honey Mustard Ham Wrap  Steamed Green Beans Diced Pears Fresh Pear
26 Cheesy Italian Flatbread  Crispy Chicken Nuggets Whole Grain Dinner Roll  Steamed Green Beans Peaches, Diced Fresh Grapes	27 Pancakes Sausage Patty  BBQ Pulled Pork Sandwich  Potato Wedges Mixed Canned Fruit Fresh Grapes Salsa	28 Orange Chicken Brown Rice  Grilled Chicken Sandwich  Steamed Carrots Pineapple Tidbits Fresh Grapes	29 Corn Dog  Hamburger on a Bun  Baked Beans Applesauce Fresh Grapes	30 Tater Tot Casserole Garlic Toast  Southwest Chicken Salad  Roasted Broccoli Diced Pears Fresh Grapes

## PRICES

7-8	\$0.00
9-12	\$0.00
Adult	\$5.00
Extra Milk	\$0.50
Ala Carte	\$ Varies

## EXTRA INFO

Choice of 1%, Skim or Chocolate Milk included with meals.  
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## HARVEST OF



## THE MONTH

Menus and nutrition  
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