



# FC Elementary School Breakfast

December  
2023

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Banana Muffin Cheese Stick</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>
<p>4</p> <p>Strawberry Cream Cheese Filled Bagel</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>	<p>5</p> <p>Cinnamon Roll</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p>	<p>6</p> <p>Mini Pancakes Syrup</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>	<p>7</p> <p>Choice of Cereal Fun with D&amp;J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p>	<p>8</p> <p>Snack Bread, French Toast Loaf Cheese Stick</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>
<p>11</p> <p>Brekkie</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>	<p>12</p> <p>Cinnamon Crisps Cheese Stick</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p>	<p>13</p> <p>Breakfast Sandwich</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>	<p>14</p> <p>Choice of Cereal Fun with D&amp;J Crackers</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p>	<p>15</p> <p>Mini-Cinnis</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>
<p>18</p> <p>Yogurt Cup Dippable Graham Snacks</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>	<p>19</p> <p>Vanilla Frosted Long John</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p>	<p>20</p> <p>Cereal Bar Cheese Stick</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>	<p>21</p> <p>Apple Frudel</p> <p>Juice Selection Fruit Selection</p> <p>Milk</p>	<p>22</p> <p>Blueberry Muffin Cheese Stick</p> <p>Vegetable Selection Fruit Selection</p> <p>Milk</p>
<p>25</p> <p>Merry Christmas No School</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>No School</p>	<p>29</p> <p>No School</p>

PRICES

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

EXTRA INFO

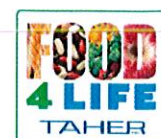
Choice of 1% or Chocolate Milk included with meals.  
Questions contact Emily Kiehne 507-500-4708 or  
emily.kiehne@isd2198.k12.mn.us

HARVEST OF



THE MONTH

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# FC Elementary School Lunch Menu

December  
2023

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> BBQ Pulled Pork Sandwich Philly Flatbread Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes Milk Choice
<b>4</b> Grilled Ham & Cheese Sandwich Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Broccoli Baby Carrots Peaches, Diced Banana Milk Choice	<b>5</b> Corn Dog Soft Beef Tacos Salsa Baked Beans Baby Carrots Mixed Canned Fruit Banana Milk Choice	<b>6</b> Salisbury Steak Whole Grain Dinner Roll Crispy Chicken Sandwich Mashed Potatoes Gravy Baby Carrots Pineapple Tidbits Banana Milk Choice	<b>7</b> Chicken Fried Rice Whole Grain Dinner Roll Cheeseburger on a Bun Glazed Carrots Baby Carrots Applesauce Banana Milk Choice	<b>8</b> Cheese Pizza Ham and Cheese Flatbread Munchable Roasted Brussel Sprouts Baby Carrots Diced Pears Banana Milk Choice
<b>11</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Macaroni & Cheese Whole Grain Dinner Roll Steamed Peas Broccoli Florets Peaches, Diced Fresh Pear Milk Choice	<b>12</b> Beefy Nachos w/Cheese Sauce Salsa Breakfast Burrito Baked Beans Broccoli Florets Mixed Canned Fruit Fresh Pear Milk Choice	<b>13</b> Toasted Italian Cheese Sandwich Marinara Sauce Crispy Chicken Sandwich Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Pear Milk Choice	<b>14</b> Hamburger on a Bun Popcorn Chicken Bowl Bread Stick Broccoli Florets Applesauce Fresh Pear Milk Choice	<b>15</b> Italian Stromboli Honey Mustard Ham Wrap Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear Milk Choice
<b>18</b> Cheese Bosco Stick Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Fresh Grapes Milk Choice	<b>19</b> Corn Dog Walking Taco Salsa Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Fresh Grapes Milk Choice	<b>20</b> Crispy Chicken Sandwich Orange Chicken Brown Rice Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Fresh Grapes Milk Choice	<b>21</b> Pancakes Sausage Patty Syrup Cheeseburger on a Bun Baked Beans Red/Orange Bell Pepper Applesauce Fresh Grapes Milk Choice	<b>22</b> Pepperoni Pizza Turkey Munchable Roasted Broccoli Red/Orange Bell Pepper Diced Pears Fresh Grapes Milk Choice
<b>25</b> Merry Christmas No School	<b>26</b> No School	<b>27</b> No School	<b>28</b> No School	<b>29</b> No School

PRICES

K-6	\$0.00
Adult	\$5.00
Extra Milk	\$0.50

EXTRA INFO

1% or Chocolate Milk Included with Meals.  
Questions contact Emily Kiehne 507-500-4708

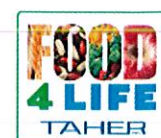
or emily.kiehne @isd2198.k12.mn.us

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# FC High School Breakfast Menu

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Fruits and Vegetables Offered Daily

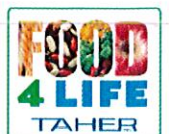
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Yogurt Parfait with Fruit & Granola  Choice of Cereal Fun with D&J Crackers
				Vegetable Selection Fruit Selection  Milk
<b>4</b> Brekkie  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>5</b> Breakfast Pizza  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>6</b> Snack Bread, French Toast Loaf Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>7</b> Breakfast Bowl English Muffin  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>8</b> Mini Waffles  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
<b>11</b> Plain Long John  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>12</b> Cheesy Ham Melt  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>13</b> Banana Choc Chip Muffin Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>14</b> Pancake on a Stick  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>15</b> Breakfast Burrito  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
<b>18</b> Cinnamon Cream Cheese Filled Bagel  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>19</b> Ba-Ba-Ba Banana Smoothie Graham Crackers  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>20</b> Breakfast Flatbread  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>21</b> Hard Boiled Egg Whole Grain Toast  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>22</b> Biscuits & Gravy  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
<b>25</b> Merry Christmas No School	<b>26</b> No School	<b>27</b> No School	<b>28</b> No School	<b>29</b> No School

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

Choice of Skim, 1%, or Chocolate Milk included with meal.  
Questions contact Emily Kiehne 507-500-4708  
or  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> French Toast Sticks Sausage Patty  Turkey Ham Deli Sub Sandwich  Glazed Carrots Diced Pears Fresh Grapes Milk Choice
<b>4</b> Grilled Ham & Cheese Sandwich Harvest Cheddar Sunchip  Turkey Ham Deli Sub Sandwich  Roasted Broccoli Peaches, Diced Banana	<b>5</b> Crispy Chicken Sandwich  Turkey Ham Deli Sub Sandwich  Baked Beans Mixed Canned Fruit Banana Milk Choice	<b>6</b> Salisbury Steak Whole Grain Dinner Roll  Turkey Ham Deli Sub Sandwich  Mashed Potatoes Gravy Pineapple Tidbits Banana	<b>7</b> BBQ Pulled Pork Sandwich  Turkey Ham Deli Sub Sandwich  Glazed Carrots Applesauce Banana Milk Choice	<b>8</b> Pepperoni Pizza  Turkey Ham Deli Sub Sandwich  Roasted Brussel Sprouts Diced Pears Banana Milk Choice
<b>11</b> Macaroni & Cheese Whole Grain Dinner Roll  Turkey Ham Deli Sub Sandwich  Steamed Peas Peaches, Diced Fresh Pear Milk Choice	<b>12</b> Soft Beef Tacos Salsa  Turkey Ham Deli Sub Sandwich  Refried Beans Mixed Canned Fruit Fresh Pear Milk Choice	<b>13 LTO</b> Shredded Pork Poutine - LTO  Cheeseburger on a Bun  Turkey Ham Deli Sub Sandwich  Steamed Carrots Pineapple Tidbits Fresh Pear Milk Choice	<b>14</b> Popcorn Chicken Bowl Bread Stick  Turkey Ham Deli Sub Sandwich  Applesauce Fresh Pear Milk Choice	<b>15</b> Cheese Pizza  Turkey Ham Deli Sub Sandwich  Steamed Green Beans Diced Pears Fresh Pear Milk Choice
<b>18</b> Cheese Bosco Stick Marinara Sauce  Turkey Ham Deli Sub Sandwich  Steamed Green Beans Peaches, Diced Fresh Grapes Milk Choice	<b>19</b> Pancakes Sausage Patty  Turkey Ham Deli Sub Sandwich  Potato Wedges Mixed Canned Fruit Fresh Grapes Milk Choice	<b>20</b> Orange Chicken Brown Rice Whole Grain Dinner Roll  Turkey Ham Deli Sub Sandwich  Steamed Carrots Pineapple Tidbits Fresh Grapes Milk Choice	<b>21</b> Corn Dog Harvest Cheddar Sunchip  Turkey Ham Deli Sub Sandwich  Baked Beans Applesauce Fresh Grapes Milk Choice	<b>22</b> Italian Stromboli Marinara Sauce  Turkey Ham Deli Sub Sandwich  Roasted Broccoli Diced Pears Fresh Grapes Milk Choice
<b>25</b> Merry Christmas No School	<b>26</b> No School	<b>27</b> No School	<b>28</b> No School	<b>29</b> No School

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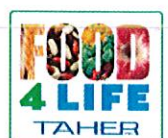
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