



# FC Elementary Breakfast Menu

**February  
2024**

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  	<b>30</b>  	<b>31</b>  	<b>1</b> Apple Frudel  Juice Selection Fruit Selection  Milk	<b>2</b> Banana Muffin Cheese Stick  Vegetable Selection Fruit Selection  Milk
<b>5</b> Strawberry Cream Cheese Filled Bagel  Vegetable Selection Fruit Selection  Milk	<b>6</b> Cinnamon Roll  Juice Selection Fruit Selection  Milk	<b>7</b> Mini Eggo Waffles Syrup  Vegetable Selection Fruit Selection  Milk	<b>8</b> Choice of Cereal Graham Crackers  Juice Selection Fruit Selection  Milk	<b>9</b> French Toast Loaf Cheese Stick  Vegetable Selection Fruit Selection  Milk
<b>12</b> Brekkie  Vegetable Selection Fruit Selection  Milk	<b>13</b> Cinnamon Crisps Cheese Stick  Juice Selection Fruit Selection  Milk	<b>14</b> Pancake on a Stick Syrup  Vegetable Selection Fruit Selection  Milk	<b>15</b> Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>16</b> Mini-Cinnis  Vegetable Selection Fruit Selection  Milk
<b>19</b> No School	<b>20</b> Vanilla Frosted Long John  Juice Selection Fruit Selection  Milk	<b>21</b> Breakfast Sandwich  Vegetable Selection Fruit Selection  Milk	<b>22</b> Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>23</b> Blueberry Muffin Cheese Stick  Vegetable Selection Fruit Selection  Milk
<b>26</b> Apple Frudel  Vegetable Selection Fruit Selection  Milk	<b>27</b> Cinnamon Roll  Juice Selection Fruit Selection  Milk	<b>28</b> Mini Pancakes Syrup  Vegetable Selection Fruit Selection  Milk	<b>29</b> Choice of Cereal Fun with D&J Crackers  Juice 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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# FC Elementary Lunch Menu

**February  
2024**

Fruits and Vegetables are offered daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  	<b>30</b>  	<b>31</b>  	<b>1</b> Corn Dog  Cheeseburger on a Bun  Baked Beans, Vegetarian, Red/Orange Bell Pepper Applesauce Fresh Grapes Milk Choice	<b>2</b> Pizza Bake Garlic Toast  Turkey Ranch Wrap  Roasted Broccoli Red/Orange Bell Pepper Diced Pears Fresh Grapes Milk Choice
<b>5</b> Beef Hot Dog on a Bun  Crispy Chicken Nuggets Whole Grain Dinner Roll  Golden French Fries Baby Carrots Peaches, Diced Banana Milk Choice	<b>6</b> Beefy Nachos w/Cheese Sauce  Ham Deli Sandwich  Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana Salsa Milk Choice	<b>7</b> Chicken and Penne  Crispy Chicken Sandwich  Steamed Peas Baby Carrots Pineapple Tidbits Banana Milk Choice	<b>8</b> Chicken and Cheese Quesadilla  Cheeseburger on a Bun  Baked Beans, Vegetarian, Baby Carrots Applesauce Banana Milk Choice	<b>9</b> Toasted Cheese Sandwich  Pepperoni Pizza  California Blend Vegetable Baby Carrots Diced Pears Banana Milk Choice
<b>12</b> Crispy Chicken Nuggets Whole Grain Dinner Roll  Crispy Chicken Wrap  k12 Potato Wedges, 1/2 cup Cherry Tomato Peaches, Diced Fresh Pear Milk Choice	<b>13</b> Macaroni & Cheese Whole Grain Dinner Roll  Hamburger on a Bun  Roasted Broccoli Cherry Tomato Mixed Canned Fruit Fresh Pear Milk Choice	<b>14</b> Chicken Bacon Ranch Melt  BBQ Pulled Pork Sandwich  California Blend Vegetable Cherry Tomato Pineapple Tidbits Fresh Pear Milk Choice	<b>15</b> Chicken Alfredo w/Pasta Whole Grain Dinner Roll  Cheeseburger on a Bun  Green Beans Cherry Tomato Applesauce Kiwi Milk Choice	<b>16</b> Cheese Pizza  Philly Cheesesteak  Baked Beans, Vegetarian, Cherry Tomato Diced Pears Fresh Pear Milk Choice
<b>19</b> No School	<b>20</b> Beef Hot Dog on a Bun  Turkey BLT Wrap  Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes Milk Choice	<b>21</b> Cheese Quesadilla Salsa  Hot Turkey Sandwich  Baked Beans, Vegetarian, Cherry Tomato Pineapple Tidbits Fresh Grapes Milk Choice	<b>22</b> Pasta with Meat Sauce Whole Grain Dinner Roll  Cheeseburger on a Bun  Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes Milk Choice	<b>23</b> French Toast Sticks Sausage Patty  Honey Mustard Ham Wrap  Glazed Carrots Cherry Tomato Diced Pears Fresh Grapes Milk Choice
<b>26</b> Grilled Ham & Cheese Sandwich  Crispy Chicken Nuggets Whole Grain Dinner Roll  Green Beans Baby Carrots Peaches, Diced Banana Milk Choice	<b>27</b> Walking Taco Salsa  BBQ Pulled Pork Sandwich  Baked Beans, Vegetarian, Baby Carrots Mixed Canned Fruit Banana Salsa Milk Choice	<b>28</b> Salisbury Steak Whole Grain Dinner Roll  Ham and Cheese Flatbread Munchable  Mashed Potatoes Gravy Baby Carrots Pineapple Tidbits Banana	<b>29</b> Corn Dog  Cheeseburger on a Bun  Kung Fu Carrots Baby Carrots Applesauce Banana Milk Choice	

**PRICES**

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

**EXTRA INFO**

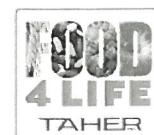
Choice of 1% or Chocolate milk included with meal.  
 Questions please contact Emily Kiehne 507-500-4708 or  
[emily.kiehne@isd2198.k12.mn.us](mailto:emily.kiehne@isd2198.k12.mn.us)

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# FC High School Breakfast Menu

**February  
2024**

Fruits and Vegetables Offered Daily

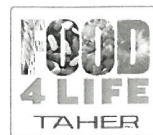
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  Vanilla Frosted Long John  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>30</b>  Cheesy Ham Melt  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>31</b>  Banana Blueberry Muffin Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>1</b>  Breakfast Bowl Whole Grain Toast  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>2</b>  Mini Waffles  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
<b>5</b>  Vanilla Frosted Long John  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>6</b>  Cheesy Ham Melt  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>7</b>  Banana Blueberry Muffin Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>8</b>  Strawberry Yogurt Graham Crackers  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>9</b>  Breakfast Burrito  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
<b>12</b>  Strawberry Cream Cheese Filled Bagel  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>13</b>  Yogurt Parfait with Fruit & Granola Graham Crackers  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>14</b>  Breakfast Flatbread  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>15</b>  Scrambled Egg Biscuit  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>16</b>  Biscuits & Gravy  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
<b>19</b>  No School	<b>20</b>  Breakfast Sandwich  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>21</b>  Chocolate Chip Muffin Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>22</b>  Cinnamon Roll  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>23</b>  Strawberry Banana Yogurt Fun with D&J Crackers  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk
<b>26</b>  Brekkie  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>27</b>  Sausage Breakfast Pizza  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>28</b>  French Toast Loaf Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection  Milk	<b>29</b>  Breakfast Bowl Whole Grain Toast  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	

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

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

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Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  	<b>30</b>  	<b>31</b>  	<b>1</b> Corn Dog Ham Deli Sandwich  Baked Beans, Vegetarian, Applesauce Fresh Grapes Milk Choice	<b>2</b> Pizza Bake Garlic Toast  Ham Deli Sandwich  Roasted Broccoli Diced Pears Fresh Grapes Milk Choice
<b>5</b> Beef Hot Dog on a Bun Pretzels  Ham Deli Sandwich Golden French Fries  Peaches, Diced Banana Milk Choice	<b>6</b> Chicken Spaghetti Whole Grain Dinner Roll  Hamburger on a Bun  Roasted Broccoli Mixed Canned Fruit Banana Milk Choice	<b>7</b> Crispy Chicken Sandwich  Ham Deli Sandwich  Steamed Peas Pineapple Tidbits Banana Milk Choice	<b>8</b> Beefy Nachos w/Cheese Sauce  Salsa  Hamburger on a Bun  Black Beans Applesauce Banana Milk Choice	<b>9</b> Pepperoni Pizza  Ham Deli Sandwich  California Blend Vegetable Pickled Beets Diced Pears Banana Milk Choice
<b>12</b> BBQ Pulled Pork Sandwich  Ham Deli Sandwich  k12 Potato Wedges, 1/2 cup Peaches, Diced Fresh Pear Milk Choice	<b>13</b> <b>LTO</b> Macaroni & Cheese Whole Grain Dinner Roll  Ham and Pea Risotto  Roasted Broccoli Mixed Canned Fruit Fresh Pear Milk Choice	<b>14</b> Crispy Chicken Tenders Whole Grain Dinner Roll  Ham Deli Sub Sandwich  California Blend Vegetable Pineapple Tidbits Fresh Pear Milk Choice	<b>15</b> Chicken Alfredo w/Pasta Garlic Toast  Crispy Chicken Sandwich  Steamed Green Beans Applesauce Kiwi Milk Choice	<b>16</b> Italian Stromboli Marinara Sauce  Ham Deli Sandwich  Spiced Pinto Beans Diced Pears Fresh Pear Milk Choice
<b>19</b> No School	<b>20</b> Beef Hot Dog on a Bun Pretzels  Hot Turkey Sandwich  Roasted Corn Mixed Canned Fruit Fresh Grapes Milk Choice	<b>21</b> Walking Taco Salsa  Ham Deli Sandwich  Refried Beans Pineapple Tidbits Fresh Grapes Milk Choice	<b>22</b> Pasta with Meat Sauce Whole Grain Dinner Roll  Hot Turkey Sandwich  Roasted Broccoli Applesauce Fresh Grapes Milk Choice	<b>23</b> French Toast Sticks Sausage Patty  Ham Deli Sandwich Glazed Carrots  Diced Pears Fresh Grapes Milk Choice
<b>26</b> Grilled Ham & Cheese Sandwich  Ham Deli Sandwich  Green Beans Peaches, Diced Banana Milk Choice	<b>27</b> Crispy Chicken Sandwich  Cheeseburger on a Bun  Black Beans Mixed Canned Fruit Banana Milk Choice	<b>28</b> Salisbury Steak Whole Grain Dinner Roll  Ham Deli Sandwich  Mashed Potatoes Gravy Pineapple Tidbits Banana Milk Choice	<b>29</b> Chicken Fried Rice Whole Grain Dinner Roll  Cheeseburger on a Bun  Kung Fu Carrots Applesauce Banana Milk Choice	

PRICES

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

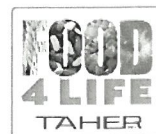
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