



# FC Elementary Breakfast Menu

April  
2024

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> No School	<b>2</b> Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>3</b> Vanilla Frosted Long John  Vegetable Selection Fruit Selection  Milk	<b>4</b> Apple Frudel  Juice Selection Fruit Selection  Milk	<b>5</b> Chocolate Chip Muffin Cheese Stick  Vegetable Selection Fruit Selection  Milk
<b>8</b> Strawberry Cream Cheese Filled Bagel  Vegetable Selection Fruit Selection  Milk	<b>9</b> Cinnamon Roll  Juice Selection Fruit Selection  Milk	<b>10</b> Pancakes Syrup  Vegetable Selection Fruit Selection  Milk	<b>11</b> Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>12</b> French Toast Loaf Cheese Stick  Vegetable Selection Fruit Selection  Milk
<b>15</b> Brekkie  Vegetable Selection Fruit Selection  Milk	<b>16</b> Cinnamon Crisps Cheese Stick  Juice Selection Fruit Selection  Milk	<b>17</b> Waffles Syrup  Vegetable Selection Fruit Selection  Milk	<b>18</b> Choice of Cereal Cheese Stick  Juice Selection Fruit Selection  Milk	<b>19</b> No School
<b>22</b> Yogurt Cup Dippable Graham Snacks  Vegetable Selection Fruit Selection  Milk	<b>23</b> Vanilla Frosted Long John  Juice Selection Fruit Selection  Milk	<b>24</b> Scrambled Egg English Muffin  Vegetable Selection Fruit Selection  Milk	<b>25</b> Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection  Milk	<b>26</b> Chocolate Chip Muffin Cheese Stick  Vegetable Selection Fruit Selection  Milk
<b>29</b> Apple Frudel  Vegetable Selection Fruit Selection  Milk	<b>30</b> Cinnamon Roll  Juice Selection Fruit Selection  Milk	<b>1</b>		

<b>PRICES</b>	K-6	\$0.00
	Adult	\$3.00
	Extra Milk	\$0.50
<b>EXTRA INFO</b>	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**

PAPAYA  
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# FC Elementary Lunch Menu

April  
2024

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> No School	<b>2</b> Beef Hot Dog on a Bun  Max Stix Marinara Sauce  Roasted Corn Mixed Canned Fruit Fresh Grapes Milk Choice	<b>3</b> Chicken & Cheese Quesadilla Salsa  Crispy Chicken Sandwich  Baked Beans Pineapple Tidbits Fresh Grapes Milk Choice	<b>4</b> <b>HOM</b> Pasta with Meat Sauce Whole Grain Dinner Roll  Cheeseburger on a Bun  Roasted Asparagus Applesauce Fresh Grapes Milk Choice	<b>5</b> French Toast Sticks Sausage Patty  Turkey Deli Sub Sandwich  Glazed Carrots Diced Pears Fresh Grapes Milk Choice
<b>8</b> Crispy Chicken Nuggets Whole Grain Dinner Roll  Grilled Ham & Cheese Sandwich  Green Beans Grapefruit Orange Coleslaw Peaches, Diced Banana Milk Choice	<b>9</b> Corn Dog  Beefy Nachos w/Cheese Sauce  Salsa  Baked Beans Mixed Canned Fruit Banana Milk Choice	<b>10</b> Salisbury Steak Whole Grain Dinner Roll  BBQ Pulled Pork Sandwich  Mashed Potatoes Gravy Pineapple Tidbits Banana Milk Choice	<b>11</b> Hamburger on a Bun  Cheesebread Dunkers  Glazed Carrots Applesauce Banana Milk Choice	<b>12</b> Cheese Pizza  Ham and Cheese Flatbread Munchable  Roasted Broccoli Diced Pears Banana Milk Choice
<b>15</b> Macaroni & Cheese Whole Grain Dinner Roll  Crispy Chicken Nuggets Whole Grain Dinner Roll  Steamed Peas Peaches, Diced Fresh Pear Milk Choice	<b>16</b> <b>HOM</b> Walking Taco Salsa  Honey Mustard Ham Wrap  Baked Beans Canned Tropical Fruit Fresh Pear Milk Choice	<b>17</b> Toasted Italian Cheese Sandwich Marinara Sauce  Crispy Chicken Sandwich  Steamed Carrots Pineapple Tidbits Fresh Pear Milk Choice	<b>18</b> Cheeseburger on a Bun  Roast Turkey & Gravy Bread Stick  Mashed Potatoes Applesauce Fresh Pear Milk Choice	<b>19</b> No School
<b>22</b> Max Stix Marinara Sauce  Crispy Chicken Nuggets Whole Grain Dinner Roll  Steamed Green Beans Peaches, Diced Fresh Grapes Milk Choice	<b>23</b> Pancakes Easy Egg Bake  Chicken Bacon Ranch Melt  Potato Wedges Mixed Canned Fruit Fresh Grapes Milk Choice	<b>24</b> Crispy Chicken Sandwich  Orange Chicken Brown Rice  Steamed Carrots Pineapple Tidbits Fresh Grapes Milk Choice	<b>25</b> Corn Dog  Cheeseburger on a Bun  Baked Beans Applesauce Fresh Grapes Milk Choice	<b>26</b> Cheesy Italian Flatbread  Turkey Munchable  Roasted Broccoli Diced Pears Fresh Grapes Milk Choice
<b>29</b> Beef Hot Dog on a Bun  Crispy Chicken Nuggets Rip Stick Breadstick  Baby Carrots Peaches, Diced Banana Milk Choice	<b>30</b> Beefy Nachos w/Cheese Sauce  BBQ Pulled Pork Sandwich  Roasted Broccoli Mixed Canned Fruit Banana Milk Choice	<b>1</b>		

<b>PRICES</b>	K-6	\$0.00
	Adult	\$5.00
	Extra Milk	\$0.50

**EXTRA INFO**  
Choice of 1% or Chocolate milk included with meal.  
Question contact Emily Kiehne 507-500-4708  
or  
emily.kiehne@isd2198.k12.mn.us

**HARVEST OF THE MONTH**

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# FC High School Breakfast Menu

April  
2024

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> No School	<b>2</b> Banana Choc Chip Muffin Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk	<b>3</b> Vanilla Frosted Long John  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>4</b> Apple Frudel  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>5</b> French Toast Loaf Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk
<b>8</b> Strawberry Cream Cheese Filled Bagel  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk	<b>9</b> Cinnamon Roll  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>10</b> Scrambled Egg Whole Grain Toast  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk	<b>11</b> Breakfast Pizza  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>12</b> French Toast Loaf Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk
<b>15</b> Brekkie  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk	<b>16</b> Mini Eggo Waffles Syrup  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>17</b> Breakfast Sandwich  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk	<b>18</b> Strawberry Pop Tart Cheese Stick  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>19</b> No School
<b>22</b> Yogurt Cup Dippable Graham Snacks  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk	<b>23</b> Vanilla Frosted Long John  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>24</b> Breakfast Bowl  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk	<b>25</b> Apple Frudel  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>26</b> Banana Choc Chip Muffin Cheese Stick  Choice of Cereal Fun with D&J Crackers  Vegetable Selection Fruit Selection Milk
<b>29</b> Mini Bagel  Choice of Cereal Fun with D&J Crackers  Fruit Selection Vegetable Selection Milk	<b>30</b> Cinnamon Roll  Choice of Cereal Fun with D&J Crackers  Juice Selection Fruit Selection Milk	<b>1</b>		

PRICES

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

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



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# FC High School Lunch Menu

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Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> No School	<b>2</b> Max Stix Hamburger on a Bun Roasted Corn Mixed Canned Fruit Fresh Grapes Milk Choice	<b>3</b> Chicken & Cheese Quesadilla Salsa Ham Deli Sandwich Refried Beans Pineapple Tidbits Fresh Grapes Milk Choice	<b>4</b> <b>HOM</b> Pasta with Meat Sauce Whole Grain Dinner Roll Hamburger on a Bun Roasted Asparagus Applesauce Fresh Grapes Milk Choice	<b>5</b> French Toast Sticks Sausage Patty Ham Deli Sub Sandwich Glazed Carrots Diced Pears Fresh Grapes Milk Choice
<b>8</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Ham Deli Sub Sandwich Green Beans Peaches, Diced Banana Milk Choice	<b>9</b> Beefy Nachos w/Cheese Sauce Salsa Corn Dog Black Beans Mixed Canned Fruit Banana Milk Choice	<b>10</b> <b>LTO</b> Salisbury Steak Whole Grain Dinner Roll Chicken Banh Mi Sandwich-LTO Mashed Potatoes Gravy Pineapple Tidbits Banana Milk Choice	<b>11</b> Cheesebread Dunkers Marinara Sauce Corn Dog Kung Fu Carrots Applesauce Banana Milk Choice	<b>12</b> Cheese Pizza Ham Deli Sub Sandwich Roasted Broccoli Diced Pears Banana Milk Choice
<b>15</b> Macaroni & Cheese Whole Grain Dinner Roll Ham Deli Sandwich Steamed Peas Peaches, Diced Fresh Pear Milk Choice	<b>16</b> <b>HOM</b> Walking Taco Salsa Honey Mustard Ham Wrap Refried Beans Canned Tropical Fruit Fresh Pear Milk Choice	<b>17</b> Toasted Italian Cheese Sandwich Marinara Sauce Ham Deli Sandwich Steamed Carrots Pineapple Tidbits Fresh Pear Milk Choice	<b>18</b> Roast Turkey & Gravy Rip Stick Breadstick Honey Mustard Ham Wrap Mashed Potatoes Applesauce Fresh Pear Milk Choice	<b>19</b> No School
<b>22</b> Chicken Bacon Ranch Melt Ham Deli Sub Sandwich Steamed Green Beans Peaches, Diced Fresh Grapes Milk Choice	<b>23</b> Pancakes Easy Egg Bake Grilled Chicken Sandwich Potato Wedges Mixed Canned Fruit Fresh Grapes Milk Choice	<b>24</b> Corn Dog Ham Deli Sub Sandwich Steamed Carrots Pineapple Tidbits Fresh Grapes Milk Choice	<b>25</b> Orange Chicken Brown Rice Grilled Chicken Sandwich Baked Beans Applesauce Fresh Grapes Milk Choice	<b>26</b> Cheesy Italian Flatbread Turkey Deli Sub Sandwich Roasted Broccoli Diced Pears Fresh Grapes Milk Choice
<b>29</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Ham Deli Sandwich Steamed Carrots Peaches, Diced Banana Milk Choice	<b>30</b> Beefy Nachos w/Cheese Sauce BBQ Pulled Pork Sandwich Roasted Broccoli Mixed Canned Fruit Banana Salsa Milk Choice	<b>1</b>		

<b>PRICES</b>	7-8	\$0.00
	9-12	\$0.00
	Adult	\$5.00
	Extra Milk	\$0.50
	Ala Carte	\$ Varies

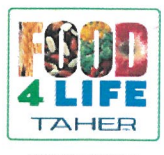
**EXTRA INFO**

Choice of 1% or Chocolate milk included with meal

Questions contact Emily Kiehne 507-500-4708 or emily.kiehne@isd2198.k12.mn.us

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