



FC Elementary Breakfast Menu

May
2024

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1 Pancake on a Stick Syrup Vegetable Selection Fruit Selection Milk	2 Choice of Cereal Graham Cracker Choice Juice Selection Fruit Selection Milk	3 French Toast Loaf Cheese Stick Vegetable Selection Fruit Selection Milk
6 Brekkie Vegetable Selection Fruit Selection Milk	7 Cinnamon Crisps Cheese Stick Juice Selection Fruit Selection Milk	8 Breakfast Sandwich Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	9 Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	10 Mini-Cinnis Vegetable Selection Fruit Selection Milk
13 Yogurt Cup Dippable Graham Snacks Vegetable Selection Fruit Selection Milk	14 Vanilla Frosted Long John Juice Selection Fruit Selection Milk	15 Pancakes Syrup Vegetable Selection Fruit Selection Milk	16 Choice of Cereal Graham Crackers Juice Selection Fruit Selection Milk	17 Banana Muffin Cheese Stick Vegetable Selection Fruit Selection Milk
20 Strawberry Cream Cheese Filled Bagel Vegetable Selection Fruit Selection Milk	21 Cinnamon Roll Juice Selection Fruit Selection Milk	22 Waffles Syrup Vegetable Selection Fruit Selection Milk	23 Choice of Cereal Graham Cracker Choice Juice Selection Fruit Selection Milk	24 Banana Chocolate Loaf Cheese Stick Vegetable Selection Fruit Selection Milk
27 No School Memorial Day	28 Cinnamon Crisps Cheese Stick Juice Selection Fruit Selection Milk	29 Choice of Cereal Graham Crackers Vegetable Selection Fruit Selection Milk	30 No Breakfast	31 No School Summer Break

PRICES	K-6	\$0.00
	Adult	\$3.00
	Extra Milk	\$0.50
EXTRA INFO	Choice of 1% or Skim Milk included with meal	
	Questions contact Emily Kiehne 507-500-4708 or emily.kiehne@isd2198.k12.mn.us	



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FC Elementary Lunch Menu

May
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Fruits and Vegetables Offered Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1 Crispy Chicken Sandwich Cheesy Italian Flatbread Steamed Peas Pineapple Tidbits Banana Milk Choice	2 Chicken & Cheese Quesadilla Hamburger on a Bun Baked Beans Applesauce Banana Milk Choice	3 Italian Stromboli Ham Deli Sub Sandwich California Blend Vegetable Diced Pears Banana Milk Choice
6 Crispy Chicken Tenders Rip Stick Breadstick Crispy Chicken Wrap Potato Wedges Peaches, Diced Fresh Pear Milk Choice	7 Macaroni & Cheese Whole Grain Dinner Roll BBQ Pulled Pork Sandwich Roasted Broccoli Mixed Canned Fruit Fresh Pear Milk Choice	8 Chicken Bacon Ranch Melt Crispy Chicken Sandwich California Blend Vegetable Pineapple Tidbits Fresh Pear Milk Choice	9 Chicken Alfredo w/Pasta Rip Stick Breadstick Cheeseburger on a Bun Green Beans Applesauce Fresh Pear Milk Choice	10 Cheese Pizza Turkey Deli Sandwich Baked Beans Diced Pears Fresh Pear Milk Choice
13 Max Stix Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Broccoli Peaches, Diced Fresh Grapes Milk Choice	14 Beef Hot Dog on a Bun Turkey BLT Wrap Parsley Potato Mixed Canned Fruit Fresh Grapes Milk Choice	15 Crispy Chicken Sandwich Cheese Quesadilla Salsa Baked Beans Pineapple Tidbits Fresh Grapes Milk Choice	16 Pasta with Meat Sauce Whole Grain Dinner Roll Hamburger on a Bun Steamed Green Beans Applesauce Fresh Grapes Rhubarb Muffin Milk Choice	17 French Toast Sticks Sausage Patty Turkey Ranch Wrap Glazed Carrots Diced Pears Fresh Grapes Milk Choice
20 Crispy Chicken Nuggets Whole Grain Dinner Roll Corn Dog Baked Beans Peaches, Diced Banana Milk Choice	21 Grilled Cheese Sandwich Soft Beef Tacos Green Beans Mixed Canned Fruit Banana Milk Choice	22 Salisbury Steak Whole Grain Dinner Roll Crispy Chicken Sandwich Mashed Potatoes Mushroom Gravy Pineapple Tidbits Banana Milk Choice	23 Cheeseburger on a Bun Cheese Quesadilla Glazed Carrots Applesauce Banana Milk Choice	24 Cheese Pizza Ham and Cheese Flatbread Munchable Roasted Broccoli Diced Pears Banana Milk Choice
27 No School Memorial Day	28 Beefy Nachos w/Cheese Sauce Cook's Choice Baked Beans Canned Tropical Fruit Fresh Pear Milk Choice	29 Grilled Cheese Sandwich Cook's Choice Steamed Carrots Pineapple Tidbits Fresh Pear Milk Choice	30 Turkey Deli Sub Sandwich Baby Carrots Apple Slices Milk Choice	31 No School Summer Break

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

EXTRA INFO
Choice of 1% or Chocolate milk included with meal.
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or
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FC High School Breakfast Menu

May
2024

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1 Chocolate Chip Muffin Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	2 Strawberry Banana Yogurt Graham Crackers Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	3 Ham Breakfast Burrito Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk
6 Strawberry Cream Cheese Filled Bagel Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	7 Scrambled Egg English Muffin Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	8 Breakfast Flatbread Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	9 Sausage Breakfast Pizza Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	10 Chocolate Chip Brekkie Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk
13 Pancakes Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	14 Breakfast Sandwich Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	15 Blueberry Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	16 Cinnamon Roll Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	17 Yogurt Parfait with Fruit & Granola Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk
20 Brekkie Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	21 Sausage Breakfast Pizza Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	22 French Toast Loaf Cheese Stick Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	23 Breakfast Bowl Whole Grain Toast Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	24 Mini Waffles Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk
27 No School Memorial Day	28 Cook's Choice Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	29 Cooks Choice Choice of Cereal Fun with D&J Crackers Juice Selection Fruit Selection Milk	30 Cooks Choice Choice of Cereal Fun with D&J Crackers Vegetable Selection Fruit Selection Milk	31 No School Summer Break

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

Choice of 1% or Chocolate Milk included with meal.
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May
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Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1 French Toast Sticks Sausage Patty Choice of Deli Sandwich Steamed Peas Pineapple Tidbits Banana Milk Choice	2 Cheesy Italian Flatbread BBQ Pulled Pork Sandwich Choice of Deli Sandwich Black Beans Applesauce Banana Milk Choice	3 Italian Stromboli Choice of Deli Sandwich California Blend Vegetable Diced Pears Banana Milk Choice
6 Hamburger on a Bun Choice of Deli Sandwich Potato Wedges Peaches, Diced Fresh Pear Milk Choice	7 Macaroni & Cheese Whole Grain Dinner Roll Philly Flatbread Choice of Deli Sandwich Roasted Broccoli Mixed Canned Fruit Fresh Pear Milk Choice	8 Crispy Chicken Nuggets Rip Stick Breadstick Choice of Deli Sandwich Baked Beans Pineapple Tidbits Fresh Pear Milk Choice	9 Chicken Alfredo w/Pasta Whole Grain Dinner Roll Philly Flatbread Choice of Deli Sandwich Steamed Green Beans Applesauce Fresh Pear Milk Choice	10 Orange Chicken Brown Rice Choice of Deli Sandwich California Blend Vegetable Diced Pears Fresh Pear Milk Choice
13 Max Stix Marinara Sauce Choice of Deli Sandwich Steamed Broccoli Peaches, Diced Fresh Grapes Milk Choice	14 HOM - Parsley Beef Hot Dog on a Bun Cheese Quesadilla Choice of Deli Sandwich Parsley Potato Mixed Canned Fruit Fresh Grapes Milk Choice	15 Beefy Nachos w/Cheese Sauce Salsa Choice of Deli Sandwich Refried Beans Pineapple Tidbits Fresh Grapes Milk Choice	16 HOM - Rhubarb Pasta with Meat Sauce Whole Grain Dinner Roll Chicken & Cheese Quesadilla Choice of Deli Sandwich Steamed Green Beans Rhubarb Muffin Applesauce Fresh Grapes Milk Choice	17 Pepperoni Pizza Choice of Deli Sandwich Glazed Carrots Diced Pears Fresh Grapes Milk Choice
20 Crispy Chicken Sandwich Choice of Deli Sandwich Green Beans Peaches, Diced Banana Milk Choice	21 Grilled Ham & Cheese Sandwich BBQ Pulled Pork Sandwich Choice of Deli Sandwich Black Beans Mixed Canned Fruit Banana Milk Choice	22 HOM - Mushroom Salisbury Steak Whole Grain Dinner Roll Choice of Deli Sandwich Mashed Potatoes Mushroom Gravy Pineapple Tidbits Banana Milk Choice	23 Corn Dog BBQ Pulled Pork Sandwich Choice of Deli Sandwich Glazed Carrots Applesauce Banana Milk Choice	24 Italian Stromboli Choice of Deli Sandwich Roasted Broccoli Diced Pears Banana Milk Choice
27 No School Memorial Day	28 Cook's Choice Dinner Roll Choice of Deli Sandwich Steamed Green Beans Canned Tropical Fruit Fresh Pear Milk Choice	29 Cook's Choice Choice of Deli Sandwich Steamed Carrots Pineapple Tidbits Fresh Pear Milk Choice	30 11am Dismissal	31 No School Summer Break

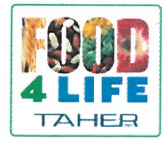
PRICES	7-8	\$0.00
	9-12	\$0.00
	Adult	\$5.00
	Extra Milk	\$0.50
	Ala Carte	\$ Varies

EXTRA INFO
Choice of 1% or Chocolate Milk included with meal.
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HARVEST OF THE MONTH



RHUBARB
MUSHROOM
PARSLEY



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