



FC Elementary Breakfast Menu

October
2024

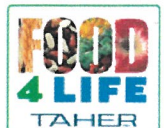
Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Cinnamon Roll Fruit Selection Juice Selection Choice of Milk	2 Peach Yogurt Graham Crackers Fruit Selection Choice of Milk	3 Pumpkin Bread Cheese Stick Fruit Selection Juice Selection Choice of Milk	4 Banana Chocolate Loaf Cheese Stick Fruit Selection Choice of Milk
7 Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	8 Mini Eggo Waffles Syrup Fruit Selection Juice Selection Choice of Milk	9 Mini Pancakes Syrup Fruit Selection Choice of Milk	10 Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	11 Mini-Cinnis Fruit Selection Choice of Milk
14 Mini Pancakes Syrup Fruit Selection Choice of Milk	15 Mini French Toast Syrup Fruit Selection Juice Selection Choice of Milk	16 Apple Cinnamon Muffin Cheese Stick Fruit Selection Choice of Milk	17 No School MEA	18 No School MEA
21 Cinnamon Cream Cheese Filled Bagel Fruit Selection Choice of Milk	22 Cinnamon Roll Fruit Selection Juice Selection Choice of Milk	23 Chef Jamie Visit Vanilla Frosted Long John Cheese Stick Fruit Selection Choice of Milk	24 Choice of Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk	25 Banana Chocolate Loaf Cheese Stick Fruit Selection Choice of Milk
28 Brekkie Fruit Selection Choice of Milk	29 French Toast Sticks Syrup Fruit Selection Juice Selection Choice of Milk	30 Strawberry Cream Cheese Filled Bagel Fruit Selection Choice of Milk	31 Peach Yogurt Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	1

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



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FC Elementary Lunch Menu

October
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Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
	Corn Dog Soft Beef Tacos Spiced Pinto Beans Mixed Fruit Fresh Fruit Choice of Milk	Beef Meatballs Whole Grain Dinner Roll Pulled Pork Flatbread Mashed Potatoes Gravy Pineapple Tidbits Fresh Fruit Choice of Milk	Cheeseburger on a Bun Chicken Bites w/ Sweet & Sour Sauce Brown Rice Glazed Carrots Applesauce Fresh Fruit Choice of Milk	Cheese Pizza Deli Sub Sandwich Roasted Broccoli Diced Peas Fresh Fruit Choice of Milk
7	8	9	10	11
Macaroni & Cheese Whole Grain Dinner Roll Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Broccoli Diced Peaches Fresh Fruit Choice of Milk	Beefy Nachos w/Cheese Sauce Honey Mustard Ham Wrap Baked Beans, Vegetarian Mixed Fruit Fresh Fruit Choice of Milk	Crispy Chicken Sandwich Deli Sub Sandwich Glazed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	HOM - Apples & Cinnamon Cheeseburger on a Bun Popcorn Chicken Bowl Mashed Potatoes Steamed Corn Warm Cinnamon Apples Fresh Fruit Choice of Milk	Sausage Pizza Deli Sub Sandwich Steamed Green Beans Diced Peas Fresh Fruit Choice of Milk
14	15	16	17	18
Crispy Chicken Nuggets Whole Grain Dinner Roll Philly Flatbread Steamed Peas Diced Peaches Fresh Fruit Choice of Milk	Walking Taco Turkey Ranch Wrap Sweet Potato Tots Mixed Fruit Fresh Fruit Choice of Milk	Sloppy Joe on a Bun Orange Chicken Brown Rice Steamed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	No School MEA	No School MEA
21	22	23	24	25
Beef Hot Dog on a Bun Crispy Chicken Nuggets Whole Grain Dinner Roll French Fries Diced Peaches Fresh Fruit Choice of Milk	Hot Ham & Cheese Flatbread Deli Sub Sandwich Baked Beans, Vegetarian Applesauce Fresh Fruit Choice of Milk	Pasta with Meat Sauce Garlic Toast Crispy Chicken Sandwich Glazed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	United Taste of America!! BBQ Chicken Legs Whole Grain Dinner Roll Lasagna Garlic Toast Roasted Broccoli Mixed Fruit Fresh Fruit Choice of Milk	HOM - Kale Pepperoni Pizza Toasted Cheese Sandwich Tomato Soup California Blend Vegetable Kale Salad Sliced Peas Fresh Fruit Choice of Milk
28	29	30	31	1
Crispy Chicken Tenders Whole Grain Dinner Roll Cheeseburger on a Bun Potato Wedges Diced Peaches Fresh Fruit Choice of Milk	Italian Stromboli Chicken Caesar Wrap Roasted Broccoli Mixed Fruit Fresh Fruit 1% Unflavored Milk	Chicken Bacon Ranch Melt Turkey Ranch Wrap Sweet Potato Tots Pineapple Tidbits Fresh Fruit Choice of Milk	Halloween Macaroni & Cheese Whole Grain Dinner Roll Crispy Chicken Sandwich Roasted Carrots Applesauce Fresh Fruit Choice of Milk Mini Rice Krispie Treat	

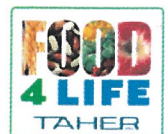
PRICES	K-6	\$0.00
	Adult	\$6.00
	Extra Milk	\$0.50

EXTRA INFO

Choice of 1% or chocolate milk included with meal.
 Questions contact Emily Kiehne at emily.kiehne@isd2198.k12.mn.us



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FC High School Breakfast Menu

October
2024

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Cinnamon Roll Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	2 Peach Yogurt Dippable Graham Cracker Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	3 Pumpkin Bread Cheese Stick Choice of Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk	4 Banana Chocolate Loaf Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk
7 Brekkie Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	8 Mini Eggo Waffles Syrup Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	9 Plain Bagel Cream Cheese, plain Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	10 Yogurt Parfait with Fruit & Granola Dippable Graham Crackers Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	11 Mini-Cinnis Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk
14 Mini Pancakes Syrup Choice of Cereal Graham Crackers Fruit Selection Choice of Milk	15 Mini French Toast Syrup Choice of Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk	16 Apple Cinnamon Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	17 No School MEA	18 No School MEA
21 Cinnamon Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Fruit Selection Choice of Milk	22 Cinnamon Roll Choice of Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk	23 Cheese Omelet Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	24 Cinnamon Toast Crunch Cereal Bar Cheese Stick Choice of Cereal Graham Crackers Fruit Selection Juice Selection Choice of Milk	25 Banana Chocolate Loaf Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk
28 Brekkie Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	29 French Toast Sticks Syrup Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	30 Strawberry Cream Cheese Filled Bagel Choice of Cereal Fun with D&J Crackers Fruit Selection Choice of Milk	31 Peach Yogurt Fun with D&J Crackers Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	1

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 meal.

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30	1 Soft Beef Tacos Corn Dog Deli Sub Sandwich Spiced Pinto Beans Mixed Fruit Fresh Fruit Choice of Milk	2 Beef Meatballs Whole Grain Dinner Roll Pulled Pork Flatbread Deli Sub Sandwich Mashed Potatoes Gravy Pineapple Tidbits Fresh Fruit Choice of Milk	3 Chicken Bites w/ Sweet & Sour Sauce Brown Rice Cheeseburger on a Bun Deli Sub Sandwich Glazed Carrots Applesauce Fresh Fruit Choice of Milk	4 Cheese Pizza Beef Hot Dog on a Bun Deli Sub Sandwich Roasted Broccoli Diced Peaches Fresh Fruit Choice of Milk
7 Cheesy Italian Flatbread Crispy Chicken Nuggets Whole Grain Dinner Roll Deli Sub Sandwich Roasted Broccoli Diced Peaches Fresh Fruit Choice of Milk	8 Sample the Sizzle - LTO Buffalo Chicken Grilled Cheese Beefy Nachos w/Cheese Sauce Honey Mustard Ham Wrap Deli Sub Sandwich Roasted Honey Cinnamon Chickpeas Mixed Fruit Fresh Fruit	9 LTO Buffalo Chicken Grilled Cheese Crispy Chicken Sandwich Deli Sub Sandwich Glazed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	10 HOM - Apples & Cinnamon Popcorn Chicken Bowl Whole Grain Dinner Roll Cheeseburger on a Bun Deli Sub Sandwich Mashed Potatoes Steamed Corn Warm Cinnamon Apples Fresh Fruit Choice of Milk	11 LTO Sausage Pizza Three Bean Sweet Potato Chili Deli Sub Sandwich Steamed Green Beans Diced Peaches Fresh Fruit Choice of Milk
14 Crispy Chicken Nuggets Whole Grain Dinner Roll Philly Flatbread Deli Sub Sandwich Steamed Peas Diced Peaches Fresh Fruit Choice of Milk	15 Walking Taco Turkey Ranch Wrap Deli Sub Sandwich Sweet Potato Tots Mixed Fruit Fresh Fruit Choice of Milk	16 Parmesan Chicken Bites Brown Rice Sloppy Joe on a Bun Deli Sub Sandwich Steamed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	17 No School MEA	18 No School MEA
21 Beef Hot Dog on a Bun Crispy Chicken Nuggets Whole Grain Dinner Roll Deli Sub Sandwich French Fries Diced Peaches Fresh Fruit Choice of Milk	22 Chef Jamie Visit Farfalle w/ Pesto Buffalo Chicken Wrap Deli Sub Sandwich Spiced Pinto Beans Applesauce Fresh Fruit Choice of Milk	23 Pasta with Meat Sauce Garlic Toast Crispy Chicken Sandwich Deli Sub Sandwich Glazed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	24 United Taste of America!! BBQ Chicken Legs Whole Grain Dinner Roll Lasagna Garlic Toast Deli Sub Sandwich Roasted Broccoli Mixed Fruit Fresh Fruit Choice of Milk	25 HOM - Kale Pepperoni Pizza Grilled Cheese Sandwich Tomato Soup Deli Sub Sandwich California Blend Vegetable Kale Salad Sliced Peaches Fresh Fruit Choice of Milk
28 Crispy Chicken Tenders Whole Grain Dinner Roll Cheeseburger on a Bun Deli Sub Sandwich Potato Wedges Diced Peaches Fresh Fruit Choice of Milk	29 Italian Stromboli Chicken Caesar Wrap Deli Sub Sandwich Roasted Broccoli Mixed Fruit Fresh Fruit 1% Unflavored Milk	30 Chicken Bacon Ranch Melt Turkey Ranch Wrap Deli Sub Sandwich Sweet Potato Tots Pineapple Tidbits Fresh Fruit Choice of Milk	31 Halloween Macaroni & Cheese Whole Grain Dinner Roll Crispy Chicken Sandwich Deli Sub Sandwich Roasted Carrots Applesauce Fresh Fruit Choice of Milk Mini Rice Krispie Treat	1

PRICES	7-12	\$0.00
	Adult	\$6.00
	Extra Milk	\$0.50
	Ala Carte	\$ Varies

EXTRA INFO

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