



FC Elementary School Breakfast Menu

November
2024

Fruits and Vegetables Offered Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Mini-Cinnis Fruit Selection Fresh Fruit Choice of Milk no school
4 Strawberry Banana Yogurt Granola Fruit Selection Fresh Fruit Choice of Milk	5 Mini French Toast Syrup Fruit Selection Juice Selection Choice of Milk	6 Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk	7 Apple Frudel Fruit Selection Juice Selection Choice of Milk	8 Blueberry Muffin Cheese Stick Fruit Selection Fresh Fruit Choice of Milk
11 Cinnamon Cream Cheese Filled Bagel Fruit Selection Fresh Fruit Choice of Milk	12 Cinnamon Roll Fruit Selection Juice Selection Choice of Milk	13 Pancake on a Stick Syrup Fruit Selection Fresh Fruit Choice of Milk	14 Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	15 Banana Chocolate Loaf Cheese Stick Fruit Selection Fresh Fruit Choice of Milk
18 Brekkie Fruit Selection Fresh Fruit Choice of Milk	19 Choice of Cereal Fruit Selection Juice Selection Choice of Milk	20 Mini Eggo Waffles Syrup Fruit Selection Fresh Fruit Choice of Milk	21 Peach Yogurt Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	22 Mini-Cinnis Fruit Selection Fresh Fruit Choice of Milk
25 Strawberry Banana Yogurt Granola Fruit Selection Fresh Fruit Choice of Milk	26 Mini French Toast Syrup Fruit Selection Juice Selection Choice of Milk	27 No School	28 No School Happy Thanksgiving	29 No School

PRICES	K-6	\$0.00
	Adult	\$6.00
	Extra Milk	\$0.50
EXTRA INFO	Choice of 1% or Chocolate milk included with meal	
	Question contact Emily Kiehne emily.kiehne@isd2198.k12.mn.us	



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www.taher.com

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FC Elementary Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 No School
4 Chicken Bacon Ranch Melt Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Diced Peaches Milk Choice	5 HOM Sweet Potatoes Pancakes Sausage Patty Ham Deli Sub Sandwich Sweet Potato Tots Mixed Fruit Milk Choice	6 Popcorn Chicken Brown Rice Turkey Ranch Wrap Steamed Carrots Pineapple Tidbits Milk Choice	7 Corn Dog Cheeseburger on WG Bun Baked Beans, Vegetarian Applesauce Milk Choice	8 Hamburger on a Bun Tater Tot Casserole Whole Grain Dinner Roll Roasted Broccoli Diced Pears Milk Choice
11 United Tastes of America Chicken Fried Steak Whole Grain Dinner Roll Cheesy Italian Flatbread Mashed Potatoes Gravy Diced Peaches Milk Choice	12 Beefy Nachos w/Cheese Sauce Salsa Pork Sandwich on a Bun Roasted Broccoli Mixed Fruit Milk Choice	13 Chicken Patty Sandwich Chicken & Cheese Quesadilla Steamed Peas Pineapple Tidbits Milk Choice	14 Cheeseburger on WG Bun Queso Chicken and Spanish Rice Baked Beans, Vegetarian Applesauce Milk Choice	15 Homemade Cheese Pizza Ham Deli Sandwich California Blend Vegetable Diced Pears Milk Choice
18 HOM Rosemary Crispy Chicken Nuggets Whole Grain Dinner Roll Beef Hot Dog on a Bun Garlic Rosemary Potatoes Diced Peaches Milk Choice	19 Macaroni & Cheese Whole Grain Dinner Roll Honey Mustard Ham Wrap Roasted Broccoli Mixed Fruit Milk Choice	20 Chicken Bacon Ranch Melt Chicken Patty Sandwich California Blend Vegetable Pineapple Tidbits Milk Choice	21 HOM Kiwi Chicken Alfredo w/Pasta Whole Grain Dinner Roll Cheeseburger on WG Bun Green Beans Applesauce Kiwi Fruit Milk Choice	22 Soft Beef Tacos Crispy Chicken Wrap Baked Beans, Vegetarian Diced Pears Milk Choice
25 Hot Ham & Cheese Flatbread Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Diced Peaches Milk Choice	26 Beefy Nachos w/Cheese Sauce Salsa Ham Deli Sub Sandwich Roasted Corn Mixed Fruit Milk Choice	27 No School	28 No School Happy Thanksgiving	29 No School

PRICES

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

EXTRA INFO

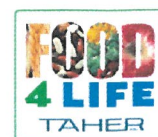
Choice of 1% or chocolate milk included with meal
Questions contact Emily Kiehne at
emily.kiehne@isd2198.k12.mn.us

HARVEST OF



THE MONTH

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FC High School Breakfast Menu

November
2024

Fruits and Vegetables Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Mini-Cinnis Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk no school
4 Strawberry Banana Yogurt Dippable Graham Cracker Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk	5 Mini French Toast Syrup Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	6 Mini Pancakes Syrup Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk	7 Apple Frudel Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	8 Blueberry Muffin Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk
11 Cinnamon Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers Fruit Selection Fresh Fruit Choice of Milk	12 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Fruit Selection Juice Selection Choice of Milk	13 Pancake on a Stick Syrup Choice of Cereal Goldfish Graham Crackers Fruit Selection Fresh Fruit Choice of Milk	14 Cheese Omelet Choice of Cereal Goldfish Graham Crackers Fruit Selection Juice Selection Choice of Milk	15 Banana Chocolate Loaf Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit Selection Fresh Fruit Choice of Milk
18 Brekkie Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk	19 Strawberry Pop Tart Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	20 Mini Eggo Waffles Syrup Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk	21 Peach Yogurt Fun with D&J Crackers Choice of Cereal Fun with D&J Crackers Fruit Selection Juice Selection Choice of Milk	22 Mini-Cinnis Choice of Cereal Fun with D&J Crackers Fruit Selection Fresh Fruit Choice of Milk
25 Strawberry Banana Yogurt Granola Choice of Cereal Goldfish Graham Crackers Fruit Selection Fresh Fruit Choice of Milk	26 Mini French Toast Syrup Choice of Cereal Goldfish Graham Crackers Fruit Selection Juice Selection Choice of Milk	27 No School	28 No School Happy Thanksgiving	29 No School

PRICES

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

EXTRA INFO

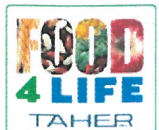
Choice of 1% or Chocolate milk included with meal.
Questions contact Emily Kiehne
emily.kiehne@isd2198.k12.mn.us

HARVEST OF



THE MONTH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 No School
4 Chicken Bacon Ranch Melt Crispy Chicken Nuggets Whole Grain Dinner Roll Ham Deli Sandwich Steamed Green Beans Diced Peaches Milk Choice	5 Sample the Sizzle/HOM Sweet Potatoes Pancakes Sausage Patty Turkish Eggplant and Tomato Flatbread Ham Deli Sub Sandwich Sweet Potato Tots Mixed Fruit Milk Choice	6 LTO Orange Chicken Brown Rice Turkish Tortilla Hack Ham Deli Sandwich Steamed Carrots Pineapple Tidbits Milk Choice	7 Corn Dog Cheeseburger on WG Bun Ham Deli Sandwich Baked Beans, Vegetarian Applesauce Milk Choice	8 Tater Tot Casserole Whole Grain Dinner Roll Hamburger on a Bun Ham Deli Sandwich Roasted Broccoli Diced Pears Milk Choice
11 United Tastes of America Chicken Fried Steak Whole Grain Dinner Roll Cheesy Italian Flatbread Ham Deli Sandwich Mashed Potatoes Gravy Diced Peaches Milk Choice	12 Beefy Nachos w/Cheese Sauce Salsa Pork Sandwich on a Bun Ham Deli Sandwich Roasted Broccoli Mixed Fruit Milk Choice	13 Chicken & Cheese Quesadilla Chicken Patty Sandwich Ham Deli Sandwich Steamed Peas Pineapple Tidbits Milk Choice	14 Queso Chicken and Spanish Rice Cheeseburger on WG Bun Ham Deli Sandwich Spiced Pinto Beans Applesauce Milk Choice	15 Homemade Cheese Pizza Ham Deli Sandwich California Blend Vegetable Diced Pears Milk Choice
18 HOM Rosemary Crispy Chicken Nuggets Whole Grain Dinner Roll Beef Chili Corn Bread Ham Deli Sandwich Garlic Rosemary Potatoes Diced Peaches Milk Choice	19 Macaroni & Cheese Whole Grain Dinner Roll Honey Mustard Ham Wrap Ham Deli Sandwich Roasted Broccoli Mixed Fruit Milk Choice	20 Chicken Bacon Ranch Melt Chicken Patty Sandwich Ham Deli Sandwich California Blend Vegetable Pineapple Tidbits Milk Choice	21 HOM Kiwi Chicken Alfredo w/Pasta Whole Grain Dinner Roll Cheeseburger on WG Bun Ham Deli Sandwich Green Beans Applesauce Kiwi Fruit Milk Choice	22 Soft Beef Tacos Crispy Chicken Wrap Ham Deli Sandwich Black Beans Diced Pears Milk Choice
25 Hot Ham & Cheese Flatbread Crispy Chicken Nuggets Whole Grain Dinner Roll Ham Deli Sub Sandwich Steamed Green Beans Diced Peaches Milk Choice	26 LTO Beefy Nachos w/Cheese Sauce Salsa Vegetable Tortilla Hack Ham Deli Sub Sandwich Roasted Corn Mixed Fruit Milk Choice	27 No School	28 No School Happy Thanksgiving	29 No School

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

EXTRA INFO
Choice of 1% and Chocolate milk included with meal
Questions contact Emily Kiehne
emily.kiehne@isd2198.k12.mn.us

HARVEST OF THE MONTH

 **KIWI**
 **SWEET POTATO**
 **ROSEMARY**

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