## FC Elementary Breakfast Menu

February 2025

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STINC STINC	No. Carlo			5 kall
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
3	4	5	6	7
Fluffy Pancakes Syrup Fruit Selection Juice Selection Choice of Milk	Breakfast Sandwich Fruit Selection Juice Selection Choice of Milk	Blueberry Muffin Cheese Stick Fruit Selection Juice Selection Choice of Milk	Cinnamon Roll Fruit Selection Juice Selection Choice of Milk	Yogurt Parfait with Strawberries & Granola Graham Crackers Fruit Selection Juice Selection Choice of Milk
10	11	12	13	14
Brekkie	Sausage Breakfast Pizza	Banana Chocolate Loaf Cheese Stick	Banana Muffin Cheese Stick	No School
Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	
17	18	19	20	21
No School	Pancake on a Stick Syrup	Choice of Cereal Fun with D&J Crackers	Mini Eggo Waffles Syrup	Cheese Omelet
	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk
24	25	26	27	28
Fluffy Pancakes	Cinnamon Cream Cheese Filled Bagel	Mini Eggo Waffles Syrup	Brekkie	Banana Chocolate Loaf Cheese Stick
Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk
K-6 \$0.00 Adult \$3.00 Extra Milk \$0.50		y Kiehne at .k12.mn.us	DREGAND GREGAND	Your MENUS plus more information on our app Taher Food4Life*

## FC Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
3 Greamy Macaroni & Cheese Whole Grain Dinner Roll Corn Dog Roasted Broccoli Diced Peaches Fresh Fruit Bar Choice of Milk	4 Roasted Beef Hot Dog on a Bun Classic Cheeseburger Baked Beans, Vegetarian Mixed Fruit Fresh Fruit Bar Choice of Milk	5 Crispy Chicken Sandwich Ham Deli Sub Sandwich Glazed Carrots Pineapple Tidbits Fresh Fruit Bar Choice of Milk	<b>6</b> Classic Cheeseburger Popcorn Chicken Bowl Garlic Toast Mashed Potatoes Steamed Corn Applesauce Fresh Fruit Bar Choice of Milk	7 HOM - Pear Homemade Cheese Pizza Ham Deli Sub Sandwich Steamed Green Beans Diced Pears Pear Choice of Milk
10 orn Dog hicken Bacon Alfredo latbread Steamed Peas Diced Peaches Fresh Fruit Bar Choice of Milk	11 Fluffy Pancakes Sausage Patty Crispy Chicken Sandwich Tri Tater Mixed Fruit Fresh Fruit Bar Choice of Milk	12 Chicken & Cheese Quesadilla Spanish Rice All American Hamburger on a Bun Steamed Carrots Pineapple Tidbits Fresh Fruit Bar Choice of Milk	<ul> <li>13</li> <li>Pasta w/ Hearty Meat Sauce Garlic Toast</li> <li>BBQ Rib Sandwich</li> <li>Baked Beans, Vegetarian</li> <li>Applesauce</li> <li>Fresh Fruit Bar</li> <li>Choice of Milk</li> </ul>	14 No School
17 o School	18 All American Hamburger on a Bun Crispy Chicken Sandwich Glazed Carrots Pineapple Tidbits Fresh Fruit Bar Choice of Milk	19 Crispy Chicken Sandwich Italian Beef Lasagna Garlic Toast Roasted Broccoli Mixed Fruit Fresh Fruit Bar Choice of Milk	20 Soft Beef Tacos Lettuce, Tomato and Cheese Salsa Roasted Beef Hot Dog on a Bun Baked Beans, Vegetarian Applesauce Fresh Fruit Bar Choire of Milk	21 Pulled Pork Sandwich Toasted Cheese Sandwich Mediterranean Vegetable Soup California Blend Vegetable Sliced Pears Fresh Fruit Bar Choice of Milk
24 ispy Chicken Tenders Vhole Grain Dinner Roll ot Ham & Cheese Flatbread Slazed Carrots Pineapple Tidbits iresh Fruit Bar Choice of Milk	25 Chicken Alfredo w/Pasta Garlic Toast All American Hamburger on a Bun Roasted Broccoli Mixed Fruit Fresh Fruit Bar Choice of Milk	26 HOM - Oregano Cheesebread Dunkers Marinara Sauce Homestyle Meatloaf Whole Grain Dinner Roll Greek Oven Roasted Potatoes Diced Peaches Fresh Fruit Bar Choice of Milk	27 Beefy Nachos w/Cheese Sauce Salsa Turkey BLT Wrap Baked Beans, Vegetarian Applesauce Fresh Fruit Bar Choice of Milk	28 Italian Stromboli Marinara Sauce Ham Deli Sub Sandwich California Blend Vegetable Diced Pears Fresh Fruit Bar Choice of Milk

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meal.

Questions please contact Emily Kiehne at emily.kiehne@isd2198.k12.mn.us

PRICES

Extra Milk

\$0.50 -

EXTRA



## FC High School Breakfast Menu

Fruits and Vegetables Offered Daily



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27					
		28	29	30	31
3		4	5	6	7
	fy Pancakes rup	Breakfast Sandwich	Blueberry Muffin Cheese Stick	Cinnamon Roll	Yogurt Parfait with Strawberries & Granola Graham Crackers
	ice of Cereal n with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers
Jui	uit Selection ice Selection oice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk
10		11	12	13	14
Brek	kie	Sausage Breakfast Pizza	Banana Chocolate Loaf Cheese Stick	Banana Muffin Cheese Stick	No School
	ce of Cereal with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers	
Juid	it Selection se Selection pice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	Fruit Selection Juice Selection Choice of Milk	
17		18	19	20	21
No S	chool	Pancake on a Stick Syrup	Trix Cereal Bar Cheese Stick	Mini Eggo Waffles Syrup	Cheese Omelet
		Choice of Cereal Fun with D&J Crackers			
		Fruit Selection Juice Selection Choice of Milk			
24		25	26	27	28
	y Pancakes	Cinnamon Cream Cheese Filled Bagel	Mini Eggo Waffles Syrup	Brekkie	Banana Chocolate Loaf Cheese Stick
	ce of Cereal with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers	Choice of Cereal Fun with D&J Crackers
Juic	it Selection ce Selection bice of Milk	Fruit Selection Juice Selection	Fruit Selection Juice Selection	Fruit Selection Juice Selection	Fruit Selection Juice Selection
		Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
PRICES	7-12 \$0.00 Adult \$3.00 Extra Milk \$0.50 Ala Carte \$ Varies	meal.	mily Kiehne at	PER PERA	Menus and nutrition our app Taher FoodALite®

Menus are subject to change without notice. This institution is an equal opportunity provider.



## FC High School Lunch Menu

Fruits and Vegetable Offered Daily



MONDAY	- TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
3	4 Sample the Sizzle	5 LTO	6	7 HOM - Pear
Creamy Macaroni & Cheese Whole Grain Dinner Roll	Kentucky Hot Brown Sliders Roasted Beef Hot Dog on a	Crispy Chicken Sandwich	Classic Cheeseburger	Homemade Cheese Pizza
Corn Dog Ham Deli Sub Sandwich	Bun Classic Cheeseburger	Kentucky Hot Brown Sliders Ham Deli Sub Sandwich	Popcorn Chicken Bowl Flaky Biscuit Ham Deli Sub Sandwich	Ham Deli Sub Sandwich Steamed Green Beans
Roasted Broccoli	Ham Deli Sub Sandwich	Glazed Carrots Pineapple Tidbits Fresh Fruit Bar	Mashed Potatoes Steamed Corn	Diced Pears Pear Choice of Milk
Diced Peaches Fresh Fruit Bar Choice of Milk	Roasted Honey Cinnamon Chickpeas Mixed Fruit	Choice of Milk	Applesauce Fresh Fruit Bar	
10	11	12	13	14
Corn Dog	French Toast Sticks Sausage Patty	Chicken & Cheese Quesadilla Spanish Rice	Pasta w/ Hearty Meat Sauce Garlic Toast	No School
Chicken Bacon Alfredo Flatbread Turkey Deli Sub Sandwich	Spicy Chicken Sandwich Turkey Deli Sub Sandwich	All American Hamburger on a Bun	BBQ Rib Sandwich Turkey Deli Sub Sandwich	
Steamed Peas	Tri Tater	Turkey Deli Sub Sandwich	Baked Beans, Vegetarian	
Diced Peaches Fresh Fruit Bar Choice of Milk	Mixed Fruit Fresh Fruit Bar Choice of Milk	Steamed Carrots Pineapple Tidbits Fresh Fruit Bar	Applesauce Fresh Fruit Bar Choice of Milk	
17	18	19	20	21
No School	All American Hamburger on a Bun	Goulash Garlic Toast	Soft Beef Tacos Lettuce, Tomato and Cheese Salsa	Toasted Cheese Sandwich Homemade Tomato Soup
	Crispy Chicken Sandwich Ham Deli Sub Sandwich	Spicy Chicken Sandwich Ham Deli Sub Sandwich	Roasted Beef Hot Dog on a	Pulled Pork Sandwich Ham Deli Sub Sandwich
	Glazed Carrots Pineapple Tidbits	Roasted Broccoli Mixed Fruit	Bun Ham Deli Sub Sandwich	California Blend Vegetable Sliced Pears
	Fresh Fruit Bar Choice of Milk	Fresh Fruit Bar Choice of Milk	Black Beans Applesauce Fresh Fruit Bar	Fresh Fruit Bar Choice of Milk
24	25	26 HOM - Oregano	27	28
Crispy Chicken Tenders Whole Grain Dinner Roll	Chicken Alfredo w/Pasta Garlic Toast	Homestyle Meatloaf Whole Grain Dinner Roll	Beefy Nachos w/Cheese Sauce	Italian Stromboli Marinara Sauce
Hot Ham & Cheese Flatbread Ham Deli Sub Sandwich	All American Hamburger on a Bun	Fish Sandwich w/Cheese Turkey Deli Sub Sandwich	Salsa Turkey BLT Wrap	Ham Deli Sub Sandwich
Glazed Carrots	Ham Deli Sub Sandwich Roasted Broccoli	Greek Oven Roasted Potatoes Diced Peaches	Ham Deli Sandwich Baked Beans, Vegetarian	California Blend Vegetable Diced Pears Fresh Fruit Bar
Pineapple Tidbits Fresh Fruit Bar Choice of Milk	Mixed Fruit Fresh Fruit Bar	Fresh Fruit Bar Choice of Milk	Applesauce Fresh Fruit Bar	Choice of Milk
7-12 \$0.00			SALMING-	Menus and nutrition our app Taher Food4Life®
Adult \$6.00	Choice of 1% and Chocolate n		FEID	
Extra Milk \$0.50 Ala Carte \$Varies	Ouestiens contact Emi		Tan Market	MONTH

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