

Farrell Area Schools K-12 Lunch Menu January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL WINTER BREAK HAPPY NEW YEAR	2 NO SCHOOL WINTER BREAK	3 ROTINI PASTA with MEATBALLS Garden Romaine Salad Whole Grain Dinner Roll (9-12) Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	4 CHEESE PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES
Every student of Farrell Schools is entitled to breakfast and lunch at no cost! Don't forget to take at least one fruit or veggie with each meal Grades 9-12 may take two fruits	7 MEATBALL HOAGIE on Whole Grain Bun French Fries Carrot Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk 2nd Choice: Rib E Q Sandwich	8 NACHOS GRANDE on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk All Three Lines	9 CHICKEN NUGGETS Whole Grain Dinner Roll Mashed Potatoes Fresh Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	10 ZITI PASTA with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	11 CHEESE PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES
Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	14 CHEESEBURGERS on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Rib E Q Sandwich	15 CHICKEN NACHOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	16 CHICKEN SANDWICH on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	17 SEASHELLS with MEAT SAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	18 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES
Milk offered daily: fat free chocolate, 1% white, fat free strawberry All bread is whole grain Grab & Go Salads offered daily as a meal	21 NO SCHOOL MARTIN LUTHER KING JR DAY	22 CHEESE QUESADILLAS Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Cheeseburgers	23 TURKEY and CHEESE SUB on Whole Grain Bun French Fries Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: BBQ Rib Sandwich	24 SPAGHETTI with MEATBALLS Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	25 CHEESE PIZZA French Fries Fresh Cukes Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES
Cheez-its Grades 9-12 on 1/7,1/11, 1/14,15,16,17,18 1/22 Menu subject to change	28 BREAKFAST FOR LUNCH Whole Grain French Toast Sticks Tater Tots/ Celery Yogurt Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	29 NACHOS GRANDE with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	30 BAKED CHICKEN Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	31 ROTINI with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	February 1 MEXICAN PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability