

Farrell Area Schools K-12 Breakfast Menu September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 No School Labor Day	3 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Berry Bread	4 ELEMENTARY (K-6) Mini French Toast Squares HIGH SCHOOL (7-12) Goody Ring	5 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Cinnamon Roll	6 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Coffee Cake
	9 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Super Bun	10 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Mini Powdered Donuts	11 ELEMENTARY (K-6) Mini Cinnis HIGH SCHOOL (7-12) Berry Bread	12 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Goody Ring	13 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Cinnamon Roll
Milk, juice, and fruit with each breakfast	16 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Coffee Cake	17 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Super Bun	18 ELEMENTARY (K-6) Mini Pancakes HIGH SCHOOL (7-12) Mini Powdered Donuts	19 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Berry Bread	20 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Goody Ring
Milk offered daily: fat free chocolate, 1% white, fat free strawberry All bread is whole grain	23 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Cinnamon Roll	25 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Coffee Cake	26 ELEMENTARY (K-6) Mini Cinnis HIGH SCHOOL (7-12) Super Bun	27 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Mini Powdered Donuts	28 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Berry Bread
Menu subject to change	30 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Goody Ring	October 1 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Cinnamon Roll	October 2 ELEMENTARY (K-6) Mini French Toast Squares HIGH SCHOOL (7-12) Coffee Cake	October 3 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Super Bun	October 4 ELEMENTARY (K-6) Assorted Cereal Cinnamon Belly Bears HIGH SCHOOL (7-12) Mini Powdered Donuts

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

Farrell Area Schools K-12 Lunch Menu September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 NO SCHOOL Labor Day	3 CHEESEBURGERS on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Rib E Q Sandwich	4 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk All Three Lines	5 SEASHELLS with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	6 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers 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	9 TOASTED CHEESE SANDWICH Tomato Soup Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	10 CHEESEBURGERS Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Quesadillas	11 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	12 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
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	16 CORN DOGS French Fries Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Meatball Hoagie	17 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	18 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk All Three Lines	19 PENNE PASTA with MEATSAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	20 PERSONAL PAN PIZZA French Fries Fresh Carrots 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	23 BREAKFAST FOR LUNCH Whole Grain French Toast Sticks Tater Tots/ Celery Yogurt Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	24 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	25 ASIAN CHICKEN on Bed of Brown Rice Steamed Broccoli Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk ALL THREE LINES	26 SEASHELLS with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice: Chicken Sandwich	27 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk All Three Lines
Cheez-its Grades 7-12 on 9/3-9/6 9/9 9/16 10/4 Sorbets daily Menu subject to change	30 SLOPPY JOES on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice Rib E Q Sandwich	October 1 HOT HAM & CHEESE SANDWICH on Whole Grain Bun Steamed Broccoli Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice Cheeseburgers	October 2 CHICKEN SANDWICH on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk All Three Lines	October 3 ZITI PASTA with MEAT SAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk 2nd Choice Chicken Sandwich	October 4 MEXICAN PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk All Three Lines

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