



Farrell Area Schools K-12 Breakfast Menu December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	The Food Service Staff is hiring Please pick up an application if Interested 724-509-1266			1 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Oatmeal Cinnamon Cookie UBR	2 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puff Bar Kit HIGH SCHOOL (7-12) Apple Flips
	5 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs Kit HIGH SCHOOL (7-12) Cinnamon Roll	6 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Dunkin Stick	7 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms Kit HIGH SCHOOL (7-12) Goody Ring	8 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Oatmeal Cinnamon Cookie UBR	9 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puff Bar Kit HIGH SCHOOL (7-12) Coffee Cake
Every student of Farrell Schools is entitled to breakfast and lunch at no cost!	12 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs Kit HIGH SCHOOL (7-12) Super Bun	13 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Oatmeal Chocolate Chip Benefit Bar	14 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms Kit HIGH SCHOOL (7-12) Sweet Roll	15 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Apple Flips	16 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puff Bar Kit HIGH SCHOOL (7-12) Dunkin Stick
Milk offered daily: fat free chocolate, 1% white, fat free strawberry All bread is whole grain	19 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs Kit HIGH SCHOOL (7-12) Cinnamon Roll	20 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cheerio Bar Kit HIGH SCHOOL (7-12) Dunkin Stick	21 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms Kit HIGH SCHOOL (7-12) Oatmeal Cinnamon Cookie UBR	22 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart Kit HIGH SCHOOL (7-12) Super Bun	23 NO SCHOOL Winter Break
Menu subject to change	26 NO SCHOOL Winter Break	27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 NO SCHOOL Winter Break	30 NO SCHOOL Winter Break

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 December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>The Food Service Staff is hiring Please pick up an application if Interested 724-509-1266</p>			1 MACARONI with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	2 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk
<p>Every student of Farrell Schools is entitled to breakfast and lunch at no cost!</p> <p>Don't forget to take at least one fruit or veggie with each meal</p> <p>Grades 9-12 may take two fruits</p>	5 TOASTED CHEESE SANDWICH Tomato Soup Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	6 CHEESEBURGERS Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	7 PULLED PORK SANDWICH on Whole Grain Bun French Fries Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	8 PENNE with MEATSAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	9 CHEESE PIZZA French Fries Fresh Cukes Assorted Fresh Fruit Choice of Low Fat Milk
<p>Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other</p> <p>Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices</p>	12 CORN DOGS French Fries Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	13 CHICKEN NACHOS on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	14 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	15 MACARONI with MEATSAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	16 FRENCH BREAD PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk
<p>Milk offered daily: fat free chocolate, 1% white,</p> <p>All bread is whole grain</p> <p>Grab & Go Salads offered daily as a meal</p>	19 HOT HAM AND CHEESE SANDWICH Tater Tots Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	20 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	21 BAKED CHICKEN Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	22 ROTINI with MEATBALLS Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	23 NO SCHOOL Winter Break
<p>Cheez-its or Goldfish Grades 7-12 on 12/5 12/12 12/21 12/22</p> <p>Menu subject to change</p>	26 NO SCHOOL Winter Break	27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 NO SCHOOL Winter Break	30 NO SCHOOL Winter Break

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