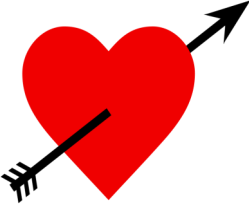



# FEBRUARY 2018

## FREMONT-MILLS COMMUNITY SCHOOLS 5-12 BREAKFAST & LUNCH MENU

Mon	Tue	Wed	Thu	Fri
			1 Breakfast Bites, Fruit and Juice  Crispito/Cheese Sauce Fresh Fruit Salad Bar	2 Long John, Fruit and Juice  Nachos/Meat Sauce Chees Sauce Brownie Fresh Fruit & Salad Bar Mrs. Forney's 2nd Grade
5 Late Start No Breakfast  Fiestada Pretzel Bites Fresh Fruit Salad Bar	6 Egg Omelet, Toast, Fruit and Juice  Chicken Noodles Mashed Potatoes Fresh Fruit Salad Bar	7 Breakfast Bar, Toast, Fruit and Juice  Meatball Hoagie Tri-tator Fresh Fruit Salad Bar	8 French Toast, Fruit and Juice  Pizza Pasta Bake Break-stick Fresh Fruit Salad Bar	9 Biscuit & Sausage Gravy, Fruit & Juice  Chicken Patty/Bun Fresh Fruit Salad Bar
12 Late Start No Breakfast  Sloppy Joe/Bun Oven Fries Fresh Fruit Salad Bar	13 Breakfast Burrito, Fruit and Juice  Salisbury Steak Mashed Potatoes/Gravy B&B Sandwich Fresh Fruit Salad Bar	14 Waffle, Fruit, and Juice  Shrimp Poppers B&B Sandwich Fresh Fruit Salad Bar	15 Breakfast Pizza, Fruit and Juice  Popcorn Chicken Sidekick Fresh Fruit Salad Bar Mrs. Griggs 2nd Grade	16 Fruit Parfait, Apple Sticks, Juice  Tomato Soup Grilled Cheese Crackers Fresh Fruit Salad Bar
19  NO SCHOOL PRESIDENT'S DAY	20 Cereal, Toast, Fruit and Juice  Tator-tot Casserole B&B Sandwich Fresh Fruit Salad Bar	21 Breakfast Bar, Fruit and Juice  Tenderloin/Bun Potato Wedges Fresh Fruit Salad Bar	22 Breakfast Bites, Fruit and Juice  Spaghetti/ Meat Sauce Cheese Breadstick Fresh Fruit Salad Bar	23 Muffin, Cheese Stick, Fruit and Juice  Garlic Cheese French Bread Pizza Fresh Fruit Salad Bar
26 Late Start No Breakfast  Pizza Crunchers Cookie Fresh Fruit Salad Bar	27 Breakfast Sand- wich, Fruit, and Juice  Hotdog/Bun Oven Fries Fresh Fruit Salad bar	28 Breakfast Pizza, Fruit and Juice  Cowboy Cavatini Roll Fresh Fruit Salad Bar		

“It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14<sup>th</sup> St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>.”

Student Prices:  
 Breakfast K-12 \$1.75 Reduced \$.30  
 Lunch K-4 \$2.65 Reduced \$.40  
 Lunch 5-12 \$2.85 Reduced \$.40

Breakfast Adult \$1.75 Lunch Adult \$3.90

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 The KNIGHTS!!!**