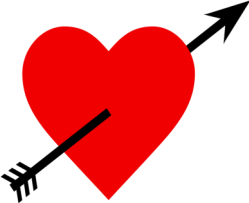



FEBRUARY 2018

FREMONT-MILLS COMMUNITY SCHOOLS K-4 BREAKFAST & LUNCH MENU

Mon	Tue	Wed	Thu	Fri
			1 Breakfast Bites, Fruit and Juice Crispito, Cheese Sauce, Refried Beans, Broccoli, Baby Carrots, and Mixed Fruit	2 Long John, Fruit and Juice Nachos, Meat Sauce, Cheese Sauce, Corn, Pears, and Brownie <i>Mrs. Forney's 2nd Grade</i>
5 Late Start No Breakfast Fiestada, Peas, Peaches, Pineapple, Pretzel Bites	6 Egg Omelet, Toast, Fruit and Juice Chicken Noodles, Mashed Potatoes, Steamed Carrots, Rosy Applesauce and Juice	7 Breakfast Bar, Toast, Fruit and Juice Meatball Hoagie, Pickle Spear, Tri-tator, and Apple	8 French Toast, Fruit and Juice Pizza Pasta Bake, Breadstick, Lettuce Salad, Pears, and Mixed Fruit	9 Biscuit & Sausage Gravy, Fruit & Juice Chicken Patty/Bun, Broccoli Slaw, baked Beans, and Mandarin Oranges
12 Late Start No Breakfast Sloppy Joe/Bun, Cole-slaw, Oven Fries, Mixed Fruit, Cherry Smoothie Sidekick	13 Breakfast Burrito, Fruit and Juice Salisbury Steak, Mashed Potatoes/Gravy, Steamed Broccoli, B&B Sandwich, and Banana	14 Waffle, Fruit, and Juice Shrimp Poppers, Tri-tator, Calico Beans, Frosted Graham Crackers	15 Breakfast Pizza, Fruit and Juice Popcorn Chicken, Corn, Banana, and Sidekick <i>Mrs. Griggs 2nd Grade</i>	16 Fruit Parfait, Apple Sticks, Juice Tomato Soup, Grilled Cheese, Crackers, and Pears
19 NO SCHOOL PRESIDENT'S DAY	20 Cereal, Toast, Fruit and Juice Tator-tot Casserole, Green Beans, B&B Sandwich, and Peaches	21 Breakfast Bar, Fruit and Juice Tenderloin/Bun, Potato Wedges, Pork n Beans, Mandarin Oranges, and Pineapple	22 Breakfast Bites, Fruit and Juice Spaghetti with Meat Sauce, Cheese Breadstick, Steamed Carrots, and Pears	23 Muffin, Cheese Stick, Fruit and Juice Garlic Cheese French Bread Pizza, Steamed Broccoli, Mixed Fruit and Juice
26 Late Start No Breakfast Pizza Crunchers, Peas and Carrots, Tropical Fruit, Pears, and Cookie	27 Breakfast Sandwich, Fruit, and Juice Hotdog/Bun, Baked Beans, Oven Fries, Banana, and Juice	28 Breakfast Pizza, Fruit and Juice Cowboy Cavatini, Green Beans, Roll and Cinnamon Apples		

“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. 14th 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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