

JANUARY 2018

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

Mon	Tue	Wed	Thu	Fri
				
8 LATE START NO BREAKFAST Hamburger on a Bun Tri-tator Fresh Fruit Salad Bar	9 Egg Omelet, Toast Fruit & Juice Ham & Cheesy Potato's B&B Sandwich Fresh Fruit Salad Bar	3 Breakfast Bar, Toast Fruit & Juice Macaroni & Cheese Meatballs Fresh Fruit Salad Bar	4 Breakfast Bites Fruit & Juice BBQ Rib Patty, Smiley Fries, Sidekick, Fresh Fruit & Salad Bar Mr. Louden's 3rd Grade	5 Long John Fruit & Juice Italian Pasta Bake Garlic Bread Fresh Fruit Salad Bar
15 NO SCHOOL PROFESSIONAL DEVELOPMENT	16 Cereal, Toast, Fruit & Juice Orange Chicken Rice B&B Sandwich Fresh Fruit & Salad Bar	10 Breakfast Wrap Fruit & Juice Chicken Nuggets Oven Fries B&B Sandwich Fresh Fruit & Salad Bar	11 French Toast, Fruit & Juice Taco Salad Fresh Fruit Salad Bar	12 Biscuit & Sausage Gravy, Fruit & Juice Chicken Fajita Tortilla Fresh Fruit Salad Bar
22 LATE START NO BREAKFAST Garlic Cheese French Bread Pizza Brownie Salad Bar	23 Egg Omelet, Toast, Fruit & Juice BBQ Beef on a Bun Oven Fries Fresh Fruit Salad Bar	17 Breakfast Pizza, Fruit & Juice Frito Pie Pretzel Bites Fresh Fruit Salad Bar	18 Waffle, Fruit & Juice Mini Corn Dog Potato Wedges Fresh Fruit Salad Bar	19 Fruit Parfait, Ap- ple Stick, Juice Chicken Alfredo B&B Sandwich Fresh Fruit Salad Bar
29 LATE START NO BREAKFAST Pizza Crunchers Cookie Fresh Fruit Salad Bar	30 Egg n Sausage Patty, Toast, Fruit & Juice Popcorn Chicken, Smiley Fries, B&B Sandwich Fresh Fruit Salad Bar	24 Breakfast Bar, Toast, Fruit & Juice Chicken Patty on a Bun Mozzarella Cheesestick Fresh Fruit Salad Bar	25 French Toast, Fruit & Juice Chili/Crackers Cinnamon Roll & Sidekick Fresh Fruit & Salad bar Mrs. Eynon's 3rd Grade	26 Breakfast Sand- wich, Fruit & Juice Hotdog on a Bun Sweet Potato Fries Fresh Fruit Salad Bar
		31 Breakfast Pizza, Fruit & Juice Meatloaf Patty Cheesy Potatoes 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. 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

To make payments On-line
 go to www.fmtabor.org
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To contact food service call
 712-629-2325 or e-mail
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