

# JANUARY 2018

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

Mon	Tue	Wed	Thu	Fri
				
8 LATE START NO BREAKFAST  Hamburger/Bun, Cheese Slice, Potato Salad, Tritator, Mandarin Oranges or Tropical Fruit	9 Egg Omelet, Toast Fruit & Juice  Ham & Cheesy Potato's, B&B Sandwich, Steamed Broccoli & Apple	3 Breakfast Bar Fruit & Juice  Macaroni & Cheese Meatballs Green Beans Pears  10 Breakfast Wrap Fruit & Juice  Chicken Nuggets, Oven Fries, Calico Beans, Pineapple, Juice & B&B Sandwich	4 Breakfast Bites Fruit & Juice  BBQ Rib Patty, Smiley Fries, Broccoli/Baby Carrots & Sidekick Mr. Louden's 3rd Grade  11 French Toast, Fruit & Juice  Taco Salad, Lettuce, Cheese, Chips, Taco Meat, Corn & Rosy Applesauce	5 Long John Fruit & Juice  Italian Pasta Bake, Three Bean Salad, Peaches, Mixed Fruit & Garlic Bread  12 Biscuit & Sausage Gravy, Fruit & Juice  Chicken Fajita,, Tortilla, Lettuce, Cheese, Mixed Veggies, Pears or Mixed Fruit
15 NO SCHOOL  PROFESSIONAL DEVELOPMENT	16 Cereal, Toast, Fruit & Juice  Orange Chicken, Rice, Mixed Veggies, B&B Sandwich & Peaches	17 Breakfast Pizza, Fruit & Juice  Frito Pie, Corn, Mandarin Oranges & Pretzel Bites	18 Waffle, Fruit & Juice  Mini Corn Dog, Baked Beans, Potato Wedges & Mixed Fruit	19 Fruit Parfait, Apple Stick, Juice  Chicken Alfredo, Steamed Broccoli, Rosy Applesauce & B&B Sandwich
22 LATE START NO BREAKFAST  Garlic Cheese French Bread Pizza, Steamed Carrots, Mandarin Oranges, Brownie & Pears	23 Egg Omelet, Toast, Fruit & Juice  BBQ Beef on a Bun, Coleslaw, Oven Fries & Mandarin Oranges	24 Breakfast Bar, Toast, Fruit & Juice  Chicken Patty on a Bun, Mozzarella Cheese stick, Banana, Peas & Carrots	25 French Toast, Fruit & Juice  Chili/Crackers, Broccoli, Baby Carrots, Cinnamon Roll & Sidekick Mrs. Eynon's 3rd Grade	26 Breakfast Sandwich, Fruit & Juice  Hotdog on a Bun, Sweet Potato Fries, Pork n Beans, Peaches or Pears
29 LATE START NO BREAKFAST  Pizza Crunchers, Peas & Carrots, Mixed Fruit or Pineapple & Cookie	30 Egg n Sausage Patty, Toast, Fruit & Juice  Popcorn Chicken, Smiley Fries, B&B Sandwich, Rosy Applesauce & Juice	31 Breakfast Pizza, Fruit & Juice  Meatloaf Patty, Cheesy Potatoes, Green Beans, Roll & Mixed Fruit		

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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](http://www.fmtabor.org) Quick Links/REV TRAK

To contact food service call 712-629-2325 or e-mail [amoreland@fmtabor.org](mailto:amoreland@fmtabor.org)

