


MARCH 2018

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

Mon	Tue	Wed	Thu	Fri
			1 Waffle, Fruit and Juice Chicken Drumstick Mashed Potatoes/Gravy Fresh Fruit Salad bar	2 Muffin & Cheese-stick Fruit and Juice Garlic French Bread B&B Sandwich Fresh Fruit Salad Bar
5 Late Start No Breakfast Chicken Nuggets Smiley Fries Sidekick Cookie	6 Egg Omelet, Toast, Fruit and Juice Frito Pie Corn Fresh Fruit Salad Bar	7 Breakfast Bar, Toast, Fruit and Juice Hotdog/Bun Sweet Potato Fries Fresh Fruit Salad Bar	8 French Toast, Fruit and Juice Orange Chicken Rice B&B Sandwich Fresh Fruit	9 Muffin, Cheese Stick, Fruit & Juice Stuffed Crust Cheese Pizza/Marinara Sauce Steamed Broccoli Fresh Fruit
12 Late Start No Breakfast Pepperoni Sandwich Fresh Fruit Salad Bar	13 Egg, Sausage, & Toast, Fruit and Juice Chicken Strips Mashed Potatoes/Gravy B&B Sandwich Fresh Fruit Salad Bar	14 Breakfast Pizza, Fruit, and Juice Nachos/Meat & Cheese Sidekick Fresh Fruit Salad Bar Mrs. Mischke's 1st	15 Breakfast Bites, Fruit and Juice Hamburger/Bun Mozzarella Cheese Stick Fresh Fruit Salad Bar	16 Fruit Parfait, Apple Sticks, Juice Lasagna Rollup Garlic Breadstick Fresh Fruit Salad Bar
19 Late Start No Breakfast BBQ Rib Patty/Bun Tri-tator Fresh Fruit Salad Bar	20 Sausage Links & Muffins, Fruit & Juice Crispito/Cheese Sauce Fresh Fruit Salad Bar	21 Breakfast Bar, Toast, Fruit and Juice Chicken Fajita/Tortilla Fresh Fruit Salad Bar	22 Waffle, Fruit and Juice Chicken Drumstick Fresh Fruit Salad Bar	23 Long John, Fruit and Juice Garlic Cheese French Bread Pizza Cookie Salad Bar
26 Late Start No Breakfast Mashed Potatoes/Gravy over Hot Beef Sandwich Fresh Fruit Salad Bar	27 Cereal, Toast, Fruit & Juice Taco Salad/Meat & Chips Fresh Fruit Salad Bar	28 NO SCHOOL PARENT/TEACHER CONFERENCES	29 NO SCHOOL COMP DAY	30 NO SCHOOL GOOD FRIDAY

“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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The KNIGHTS!!!**