


# MARCH 2018

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

Mon	Tue	Wed	Thu	Fri
			1 Waffle, Fruit and Juice  Chicken Drumstick, Mashed Potatoes/Gravy, Steamed Carrots, and Peaches	2 Muffin & Cheese-stick Fruit and Juice  Garlic French Bread, Broccoli/Baby Carrots, B&B Sandwich, and Mandarin Oranges
5 Late Start No Breakfast  Chicken Nuggets, Smiley Fries, Sidekick, and Cookie  Mrs. Goodman's 1st Grade	6 Egg Omelet, Toast, Fruit and Juice  Frito Pie, Corn, Mandarin Oranges, Pears and Pudding	7 Breakfast Bar, Toast, Fruit and Juice  Hotdog/Bun, Sweet Potato Fries, Pork n Beans, Peaches and Tropical Fruit	8 French Toast, Fruit and Juice  Orange Chicken, Rice, Mixed Veggies, B&B Sandwich, Orange	9 Muffin, Cheese Stick, Fruit & Juice  Stuffed Crust Cheese Pizza/Marinara Sauce, Steamed Broccoli, Pineapple, and Mixed Fruit
12 Late Start No Breakfast  Pepperoni Sandwich, Green Beans, Pears and Tropical Fruit	13 Egg, Sausage, & Toast, Fruit and Juice  Chicken Strips, Mashed Potatoes/Gravy, Peas & Carrots, B&B Sandwich, and Mandarin Oranges	14 Breakfast Pizza, Fruit, and Juice  Nachos, /Meat & Cheese Sauce, Corn, lettuce, Banana, & Sidekick  Mrs. Mischke's 1st Grade	15 Breakfast Bites, Fruit and Juice  Hamburger/Bun, Cheese Slice, Mozzarella Cheese Stick, Broccoli/Baby Carrots, & Mandarin Oranges	16 Fruit Parfait, Apple Sticks, Juice  Lasagna Rollup, Garlic Breadstick, Three Bean Salad, Mixed Fruit & Pineapple
19 Late Start No Breakfast  BBQ Rib Patty/Bun, Calico Beans, Tri-tator, & Peaches	20 Sausage Links & Muffins, Fruit & Juice  Ham & Cheesy Potatoes, Peas, B&B Sandwich, and Apples	21 Breakfast Bar, Toast, Fruit and Juice  Chicken Fajita/Tortilla, Lettuce & Cheese, Mixed Veggies, Pineapple, & Mixed Fruit	22 Waffle, Fruit and Juice  Chili/Crackers, Baby Carrots/Broccoli, Pears & Cinnamon Roll	23 Long John, Fruit and Juice  Garlic Cheese French Bread Pizza, California Blend Veggies, Peaches, Tropical Fruit & Cookie
26 Late Start No Breakfast  Mashed Potatoes /Gravy over a Hot Beef Sandwich, Green Beans, & Cinnamon Apple	27 Cereal, Toast, Fruit & Juice  Taco Salad, Lettuce/ Cheese, Chips, Taco Meat, Corn, & Rosy Applesauce	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. 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

Parents/Guardians are welcome to each lunch with their child at

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)

  
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The KNIGHTS!!!**