

FREMONT CITY SCHOOLS - HIGH SCHOOL - AMERICAN GRILL LINE 2011 - 2012 LUNCH MENU - 3 WEEK CYCLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	Pizza "Big Daddy" Pepperoni Slice Milk	Chicken Alfredo Diced Chicken in a Creamy Alfredo Sauce over Whole Wheat Pasta w/ Whole Grain Roll & Butter Milk	"Breakfast for Lunch" Turkey Sausage Patty and Egg on a Whole Grain Sandwich Bun w/ Fresh Oven Roasted Red Skin Potatoes Milk	Grilled Cheese Sandwich on Whole Grain Bread and Tomato Soup w/Crackers Milk	Potato Bowl Layered in a bowl: Mashed Potatoes, Corn, Popcorn Chicken & Gravy w/ Whole Grain Roll & Butter Milk
WEEK B	Pizza "Big Daddy" Pepperoni Slice Milk	Fajitas made with Seasoned Chicken Strips, Sliced Onions and Peppers in a Tortilla Shell & Brown Rice Pilaf Milk	Turkey, Diced & Seasoned in Gravy over Mashed Potatoes with a Whole Grain Roll & Butter Milk	Walking Tacos made with Ground Beef Lightly Seasoned, Lettuce, Tomatoes Shredded, Cheese & Tortilla Chips w/ Spanish Brown Rice Milk	Chicken Patty from Light and Dark Meat w/Whole Grain Breading on a Whole Grain Sandwich Bun Milk
WEEK C	Pizza "Big Daddy" Pepperoni Slice Milk	Chicken Nuggets made from White and Dark Meat in Seasoned Whole Grain Breading w/ BBQ Sauce Brown Rice & Whole Wheat Spaghetti Pilaf - Milk	Beef Patty Seasoned on a Whole Grain Sandwich Bun Fresh Oven Roasted Seasoned Red Skin Potatoes Milk	"Oriental Day" Diced Chicken and Vegetables with Sweet and Sour Sauce over Not Fried Brown Rice Milk	Baked Pasta Dish with Seasoned Ground Beef and Whole Wheat Pasta in a Spaghetti Sauce Bread Stick Milk

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER									
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F					
1	2	3	4	5				1	2						1	2	3	4										1	2
8	9	10	11	12	X	6	7	8	9	3	4	5	6	7	7	8	9	10	11	5	6	7	8	9					
15	16	17	18	19	12	13	14	15	16	10	11	12	13	14	14	15	16	17	18	12	13	14	15	16					
22	23	24	25	26	19	20	21	22	23	X	18	19	20	21	21	22	X	X	X	19	20	21	X	X					
29	30	31			26	27	28	29	30	31	25	26	27	28	28	29	30			X	X	X	X	30					
JANUARY					FEBRUARY					MARCH					APRIL					MAY									
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F					
X	3	4	5	6				1	2	3					1	2	X	X	X	X	X				1	2	3	4	
9	10	11	12	13	6	7	8	9	10	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11					
X	X	X	19	20	13	14	15	16	17	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18					
23	24	25	26	27	X	21	22	23	24	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25					
30	31				27	28	29			26	27	28	29	30	30					X	29	30	31						

X= No School
WEEK A
WEEK B
WEEK C

Lunch Prices

Ross Student	\$2.50
Reduced Student Lunch	\$.40
Adult Lunch.....	\$2.75
Extra Milk	\$.35
Monthly Price =	\$62.50 (for 25 days)
Lunch for the year =	\$437.50
Reduced Lunch for the year =	\$70.00

Meal choices at Ross High School

On the hot line we also offer Mozzarella Stuffed Bread Sticks with Dipping Sauce along with Peanut Butter and Jelly Sandwiches or Yogurt/String Cheese and a Muffin. The Build Your Own Salad or Sub Sandwich Line includes a cup of vegetable soup.

Remember to prepay before lunch starts. You can go to www.sendmoneytoschool.com and pay online or call or stop in at the finance office to pay by debit or credit card, check or cash.

2011 - 2012 BREAKFAST MENU - 3 WEEK CYCLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	Breakfast Pizza or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Mini Pancakes w/syrup or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Bosco Apple Sticks or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Pancake & Sausage Wrap or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Cinnamon Tasteriee or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk
WEEK B	Waffle Sticks w/syrup or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Bacon & Egg Pizza or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Ultimate Breakfast Round or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Breakfast Burrito or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Cinnamon French Toast or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk
WEEK C	Breakfast Pizza or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Egg & Cheese Sand. or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Mini Strawberry Pancakes or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Sausage & Gravy Pizza or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk	Cinnamon Tasteriee or Bagel and Jelly or Assorted Cereal & Grahams Fruit Milk

Our goal is to make sure that the last customer of the day has the same choices as the first customer of the day!

www.SendMoneyToSchool.com

is a secure, convenient and friendly way to pay for your child's school meals, view their cafeteria purchases and stay current with their account balance.

www.lunchapp.com

is a fast and easy way to apply online for free or reduced meal benefits.

Breakfast Prices

Ross Student	\$1.25
Reduced Student Breakfast	\$.30
Adult Breakfast.....	\$1.25
Extra Milk	\$.35
Monthly Price =	\$31.25 (for 25 days)
Breakfast for the year =	\$218.75
Reduced Bkfst. for the year =	\$52.50