

22-23 FCS Elementary Lunch

November 2022

Mon	Tue	Wed	Thu	Fri
<p>31</p> <p>Popcorn Chicken</p> <p>Grape Uncrustables Sandwich</p> <p>Mashed Potatoes</p> <p>Celery Sticks</p> <p>Fresh Oranges</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>BBQ Sauce Dip Cup</p> <p>Buttermilk Ranch Dressing Cup</p> <p>Chicken Gravy</p>	<p>1</p> <p>Grilled Cheese Sandwich</p> <p>Turkey and Cheese Sticks</p> <p>Whole Kernel Corn</p> <p>Baby Carrots</p> <p>Strawberry Cup</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>2</p> <p>Hot Dog</p> <p>Strawberry Uncrustables Sandwich</p> <p>Baked Beans</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>Diced Pears</p> <p>Heartzels Pretzels</p> <p>Chocolate Chip Cookie</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>Mustard</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>3</p> <p>Cheese Pizza Rippers</p> <p>Pepperoni Pizza Rippers</p> <p>Marinara Dip Cup</p> <p>Romaine Salad</p> <p>Cucumber Slices</p> <p>Fresh Grapes</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>4</p> <p>Parent Conferences</p>
<p>7</p> <p>Cheeseburger</p> <p>Grape Uncrustables Sandwich</p> <p>Straight Cut French Fries</p> <p>Grape Tomatoes</p> <p>Frozen Peach Cup</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>Mustard</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>8</p> <p>Mac N Cheese</p> <p>Turkey and Cheese Sticks</p> <p>Peas</p> <p>Baby Carrots</p> <p>Applesauce Cup</p> <p>Nickels Dinner Roll</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>9</p> <p>Mini Corndogs</p> <p>Strawberry Uncrustables Sandwich</p> <p>Baked Beans</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>Pineapple Cup</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>Mustard</p> <p>Buttermilk Ranch Dressing Cup</p> <p>Sugar Cookie</p>	<p>10</p> <p>Tostitos Turkey Nachos</p> <p>Turkey and Cheese Sticks</p> <p>Corn</p> <p>Salsa Dipping Cup</p> <p>Fresh Oranges</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p>	<p>11</p> <p>4 x 6 Cheese Pizza</p> <p>4 x 6 Pepperoni Pizza</p> <p>Romaine Salad</p> <p>Cucumber Slices</p> <p>Fresh Grapes</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Buttermilk Ranch Dressing Cup</p>

<p>14</p> <p>Popcorn Chicken</p> <p>Grape Uncrustables Sandwich</p> <p>Corn</p> <p>Celery Sticks</p> <p>Grape Tomatoes</p> <p>Strawberry Cup</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>BBQ Sauce Dip Cup</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>15</p> <p>Dutch Waffles</p> <p>Turkey and Cheese Sticks</p> <p>Tater Tots</p> <p>Baby Carrots</p> <p>Assorted 100% Fruit Juice</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Turkey Sausage Patty</p> <p>Buttermilk Ranch Dressing Cup</p> <p>Ketchup Dip Cup</p>	<p>16</p> <p>Hot Dog</p> <p>Strawberry Uncrustables Sandwich</p> <p>Baked Beans</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>Diced Pears</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>Mustard</p> <p>Buttermilk Ranch Dressing Cup</p> <p>Sugar Cookie</p>	<p>17</p> <p>Soft Pretzel</p> <p>Turkey and Cheese Sticks</p> <p>Green Beans</p> <p>Cucumber Slices</p> <p>Apple Slices</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Cheddar Cheese Sauce</p>	<p>18</p> <p>Cheese Breadsticks</p> <p>Romaine Salad</p> <p>Marinara Dip Cup</p> <p>Cantaloupe</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Buttermilk Ranch Dressing Cup</p>
<p>21</p> <p>GoldKist Chicken Nuggets</p> <p>Grape Uncrustables Sandwich</p> <p>Peas</p> <p>Grape Tomatoes</p> <p>Celery Sticks</p> <p>Fresh Oranges</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>BBQ Sauce Dip Cup</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>22</p> <p>French Toast</p> <p>Turkey and Cheese Sticks</p> <p>Potato Smiles</p> <p>Baby Carrots</p> <p>Assorted 100% Fruit Juice</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Ketchup Dip Cup</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>23</p> <p>Thanksgiving</p>	<p>24</p> <p>Thanksgiving</p>	<p>25</p> <p>Thanksgiving</p>
<p>28</p> <p>Popcorn Chicken</p> <p>Grape Uncrustables Sandwich</p> <p>Mashed Potatoes</p> <p>Celery Sticks</p> <p>Fresh Oranges</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>BBQ Sauce Dip Cup</p> <p>Buttermilk Ranch Dressing Cup</p> <p>Chicken Gravy</p>	<p>29</p> <p>Grilled Cheese Sandwich</p> <p>Turkey and Cheese Sticks</p> <p>Corn</p> <p>Grape Tomatoes</p> <p>Strawberry Cup</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>30</p> <p>Chicken Patty Sandwich</p> <p>Strawberry Uncrustables Sandwich</p> <p>Green Beans</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>Peach Cup</p> <p>Heartzels Pretzels</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>Mustard</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>1</p> <p>Hot Dog</p> <p>Strawberry Uncrustables Sandwich</p> <p>Baked Beans</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>Diced Pears</p> <p>Heartzels Pretzels</p> <p>Chocolate Chip Cookie</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>String Cheese</p> <p>Ketchup Dip Cup</p> <p>Mustard</p> <p>Buttermilk Ranch Dressing Cup</p>	<p>2</p> <p>Cheese Pizza Rippers</p> <p>Pepperoni Pizza Rippers</p> <p>Marinara Dip Cup</p> <p>Romaine Salad</p> <p>Cucumber Slices</p> <p>Fresh Grapes</p> <p>Fat Free Chocolate Milk</p> <p>1% Milk</p> <p>Buttermilk Ranch Dressing Cup</p>