

USD 484 - Fredonia Schools
2019-2020
Lunch Menu

• Items available @ All buildings/ ✓ Items available @ Lincoln Only/ Δ Items available at HS only g. Carb counts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
✓ Cup of Peanut Butter ✓ Pretzel • Pulled Pork Sandwich sm 27 lg 36 • Turkey & Cheese Sandwich sm 26 lg 36 • Tri Tator 14 g. • Baked Beans 27 g. • Salad • Fresh Veggies • Fresh Fruit • Peaches 18 g. • Milk	✓ Cup of Peanut Butter • Taco Crunch w/ cheese & salsa 1g. 4 • Tortilla Chips 18 g. • Grilled Beef Pattie 2 g. • Refried Beans 25 g. • Salad • Fresh Veggies • Fresh Fruit • Cinnamon Puff sm 27 lg 36 • Pineapple 12 g. • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Macaroni & Cheese 44 g. • Hot Dog 32 g. • Peas 10 g. • Salad • Fresh Veggies • Fresh Fruit • Strawberries & Bananas 28 g. • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Chicken & Pancakes 16 g. 16 g. each • Hamburger sm 24 g. lg 33 g. • Peas & Carrots 8 g. • Salad • Fresh Veggies • Fresh Fruit • Pears 18 g. • Milk <i>National Pancake Day</i>	
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
✓ Cup of Peanut Butter • Breaded Beef Pattie 16 g. • BBQ Rib 8 g. • Mashed Potatoes & Gravy 17 g. 7 g. • Green Beans 4 g. • Whole Wheat Roll sm 19 g. lg 26 g. • Salad • Fresh Veggies • Fresh Fruit • Peaches 18 g. • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Pig in Blanket 27 g. • Turkey & Cheese Hoagie sm 21 lg 28 • Tri Tator 14 g. • Coleslaw 7 g. • Baked Beans 27 g. • Salad • Fresh Veggies • Fresh Fruit • Applesauce 13 g. • Milk	✓ Cup of Peanut Butter • BBQ Meatball 14 g. each • Grilled Beef Pattie 2 g. • Potato Casserole 15 g. • Green Beans 4 g. • Whole Wheat Roll sm 19 g. lg 26 g. • Salad • Fresh Veggies • Fresh Fruit • Pineapple 12 g. • Milk	✓ Cup on Peanut Butter 13 g. • Tex Mex Cavatini 19 g. • Breaded Chicken Pattie 15 g. • Wheat Roll L- 19 g. JR/Sr 26 g. • Corn 17 g. • Salad • Fresh Veggies • Fresh Fruit • Tropical Fruit Salad 20 g. • Milk	
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
✓ Cup of Peanut Butter 13 g. ✓ Pretzel 30 g. • Crispito w/ cheese sauce 23 g e 6 g. • Breaded Chicken Sandwich J-37 H-46 • Corn 17 g. • Salad • Fresh Veggies • Fresh Fruit • Pineapple Chunks 12 g. • Milk	✓ Cup of Peanut Butter 13 g. ✓ Pretzel 30 g. • BBQ Rib Sandwich JH - 30 HS 39 • Fish Sandwich JH - 36 HS 45 • Tri Tator 14 g. • Baked Beans 27 g. • Salad • Fresh Veggies • Fresh Fruit • Pears 18 g. • Milk	✓ Cup on Peanut Butter 13 g. • Biscuit & Gravy 26 g. 7 g. • Sausage Links 0 g. • Egg Casserole w/ salsa 5 g. 4 g. • Hashbrown Potato Pattie 14 g. • Salad • Fresh Veggies • Fresh Fruit • Fruit Cup 16 g. • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Fiesta Chicken Pasta 18 g. or 22 g. • Hamburger sm 24 g. lg 33 g. • Green Beans 4 g. • Salad • Fresh Veggies • Fresh Fruit • Peaches 18 g. • Chocolate Chip Cookie 10 g. • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Hamburger sm 24 g. lg 33 g. • Corn dog 30 g. • Tri Tator 14 g. • Corn 17 g. • Salad • Fresh Veggies @ Lincoln • Fresh Fruit • Grapes 10 g. • Milk <i>cookout</i>
	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
✓ Cup of Peanut Butter • Breaded Chicken Drum 5 g. • Breaded Beef Pattie 16 g. • Seasoned Rice 39 g. • Steamed Broccoli 3 g. • Wheat Roll 19 g. lg 26 g. • Salad • Fresh Veggies • Fresh Fruit • Rosey Applesauce 13 g. • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Spaghetti w/ meat sauce 15 g. or 22 • Grilled Beef Pattie 2 g. • Garlic Roll sm 19 g. lg 26 g. • Salad • Fresh Veggies • Fresh Fruit • Corn 17 g. • Peaches 18 g. • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Hot Dog 32 g. • Spicy Chicken Sandwich sm 37 lg 46 • Baked Beans 27 g. • Seasoned Potatoes 14 g. • Salad • Fresh Veggies • Fresh Fruit • Pears 18 g. • Milk	✓ Cup on Peanut Butter 13 g. • Baked Ham 1 g. • Chicken Pattie 15 g. • Sweet Potatoes 32 g. • Wheat Roll sm 19 g. lg 26 g. • Green Beans 4 g. • Salad • Fresh Veggies • Pineapple Chunks 12 g. • Fresh Fruit ~ • Milk	✓ Cup of Peanut Butter ✓ Pretzel • Chicken Quesadilla 38 g. • Hamburger sm 19 lg 33 g. • Tortilla Chips 18 g. • Black Bean Salsa 9 g. • Peas & Carrots 8 g. • Salad • Fresh Veggies • Fresh Fruit • Applesauce 13 g. • Milk

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